

ABSTRAK

Nitasandi Tolinggi. 2015. *Pengaruh back massage terhadap intensitas nyeri rumatik pada lansia di wilayah Kerja Puskesmas Sipatana Kota Gorontalo.* Skripsi, Jurusan S1 Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I DR. Hj. Rama P.Hiola, M.kes dan Pembimbing II DR. Hj. Rosmin Ilham, S.kep. Ns., MM.

Back Massage adalah salah satu tehnik memberikan tindakan masase pada punggung selama 10-15 menit. Usapan dengan lotion/balsem memberikan sensasi hangat dengan mengakibatkan dilatasi pada pembuluh darah lokal. Vasodilatasi pembuluh darah akan meningkatkan peredaran darah pada area yang diusap sehingga aktivitas sel meningkat dan akan mengurangi rasa Sakit serta menunjang proses penyembuhan. Penelitian ini bertujuan untuk mengetahui pengaruh *back massage* terhadap intensitas nyeri rumatik pada lansia di wilayah Kerja Puskesmas Sipatana Kota Gorontalo.

Penelitian ini merupakan *eksperiment pra experimental* dengan rancangan *one group pretes-postest design*. Jumlah sampel 15 responden dengan teknik *accidental sampling*. Pengumpulan data dilakukan melalui lembar observasi menggunakan skala nyeri *Hayward*.

Hasil penelitian menunjukkan intensitas skala nyeri pasien sebelum dilakukan *back massage* berupa nyeri sedang-berat terkontrol dan setelah perlakuan terjadi perubahan intensitas nyeri menjadi nyeri ringan-sedang. Hasil uji statistik *Wilcoxon Signed Rank Test* diperoleh *p value* = 0,000 dengan taraf signifikansi < 0,05 sehingga disimpulkan bahwa terdapat pengaruh *back massage* terhadap intensitas nyeri rumatik pada lansia di wilayah Kerja Puskesmas Sipatana Kota Gorontalo. Diharapkan bagi perawat agar dapat menggunakan *back massage* dalam menurunkan intensitas nyeri.

Kata Kunci : *Back Massage*, Nyeri, Reumatik, Lansia
Daftar pustaka : 31(2000-2014)

ABSTRACT

Nitasandi Tolinggi. 2015. The Effect of Back Massage toward the Intensity of Rheumatic Pain on Elderly at Working Area of Puskesmas Sipatana, Gorontalo City. Skripsi, Department of S1 Nursing, Faculty of Health Sciences, State University of Gorontalo. The principal supervisor was DR. Hj. Rama P. Hiola, M.Kes and Co-supervisor was DR. Hj. Rosmin Ilham, S.Kep. Ns., MM.

Back Massage is a technique to massage on the back for 10 to 15 minutes. The sweep using lotion or balm gives warm sensation which causes dilatation on local blood vessels. Vasodilatation of blood vessel will increase the blood circulation in the area that is being sweep therefore the cell activity increases and will decrease the pain and support the healing process. This research aimed at investigating the effect of back massage toward intensity of rheumatic pain on elderly at working area of Puskesmas Sipatana, Gorontalo City.

This research was a pre experimental research with one group pretest-posttest design. The samples were 15 respondents gained by accidental sampling. The technique of data collection was observation using pain scale Hayward.

The research result showed that the intensity of patients' pain scale before the back massage was controlled moderate-heavy and after that it was given the treatment, there was a change of pain intensity to become mild-moderate. The statistical test *Wilcoxon Signed Rank Test* gained p value = 0,000 at significance level $< 0,05$, therefore it can be concluded that there was an effect of back massage toward rheumatic pain intensity on elderly at working area of Puskesmas Sipatana, Gorontalo City. It is suggested that the nurses should do back massage to decrease the pain intensity.

Keywords: Back Massage, Pain, Rheumatic, Elderly

References: 31 (2000-2014)

