

## ABSTRAK

**Yunistiah Podungge. 2015.** Pengaruh Kompres Jahe Terhadap Nyeri Lutut Pada Lansia Di Wilayah Kerja Puskesmas Tamalate Kota Gorontalo. Skripsi, Jurusan Ilmu Keperawatan, Universitas Negeri Gorontalo. **Pembimbing I Dr. Hj. Herlina Jusuf, Dra., M.Kes dan Pembimbing II Nasrun Pakaya, S.Kep, Ns, M.Kep**

Nyeri lutut pada usia lanjut sebagian besar disebabkan oleh penyakit sendi degeneratif atau karena sobekan *meniscus* lutut yang mengalami degenerasi. Terdapat beberapa kelainan akibat perubahan sendi antara lain *osteoarthritis*, *arthritis rheumatoid*, dan *gout*. Kelainan tersebut dapat menimbulkan beberapa gangguan salah satunya yaitu rasa nyeri. Salah satu terapi fisik untuk meredakan nyeri dalam bentuk stimulasi kulit yaitu dengan pemberian kompres jahe. Rumusan penelitian adalah apakah ada pengaruh kompres jahe terhadap nyeri lutut pada lansia di wilayah kerja Puskesmas Tamalate Kota Gorontalo. Penelitian bertujuan untuk mengetahui pengaruh kompres jahe terhadap nyeri lutut pada lansia di wilayah kerja Puskesmas Tamalate Kota Gorontalo.

Jenis penelitian menggunakan *pra eksperimental* dengan desain *one group pre-post test design*. Sampel penelitian berjumlah 15 responden dengan menggunakan teknik *purposive sampling*. Instrumen penelitian menggunakan lembar observasi. Uji analisa data menggunakan uji t berpasangan, data berdistribusi normal.

Hasil penelitian menunjukkan terdapat perbedaan nyeri sebelum dan sesudah kompres jahe dengan nilai  $p=0,000 < \alpha=0,05$ , maka  $H_0$  ditolak sehingga terdapat pengaruh kompres jahe terhadap nyeri lutut pada lansia.

Simpulan dalam penelitian yaitu ada pengaruh kompres jahe terhadap nyeri lutut pada lansia di wilayah kerja Puskesmas Tamalate Kota Gorontalo. Diharapkan agar lansia dapat menggunakan jahe sebagai obat kompres dalam pengobatan tradisional untuk mengatasi masalah nyeri lutut.

**Kata kunci: Kompres Jahe, Nyeri Lutut, Lansia**

**Daftar Pustaka: 36 buah (2000-2015)**

#### ABSTRACT

**Yunistiah Podungge. 2015.** The Effect of Compressing using Ginger toward Knee Pain on Elderly at Working Area of Puskesmas (Health Center) of Gorontalo City. Skripsi, Department of Nursing, State University of Gorontalo. **The principal supervisor was Dr. Hj. Herlina Jusuf, Dra., M.Kes and the co-supervisor was Nasrun Pakaya, S.Kep, Ns, M.Kep.**

Knee pain of elderly mostly is caused by degenerative joint disease or torn *meniscus* of knee which generated. There were several disorders caused by joint change such as *osteoarthritis*, *arthritis*, *rheumatoid*, and *Gouth*. Those disorders can cause several obstructions, one of them is pain. One of physical therapies in form of skin stimulation is by compressing using ginger. The problem statement of this research was whether there is an effect of compressing using ginger toward knee pain of elderly at working area of Puskesmas Tamalate of Gorontalo city. This research aimed at investigating the effect of compressing using ginger toward knee pain of elderly at working area of Puskesmas Tamalate of Gorontalo city.

This research applied pre experimental research with one group pre-post test design. The samples of research were 15 respondents taken through purposive sampling. The instrument of research was observation sheet. The data analysis test was paired t test and normal distribution data.

The research result showed that there was difference of pain level before and after compressing using ginger with p value as  $0,000 < \alpha$  as 0,05, thus  $H_0$  was rejected. Therefore, there was an effect of compressing using ginger toward knee pain on elderly.

Then, it can be concluded that there was an effect of compressing using ginger toward knee pain on elderly at working area of Puskesmas Tamalate of Gorontalo city. It is expected that elderly uses ginger to compress the knee to overcome the pain.

**Keywords: Compress using Ginger, Knee Pain, Elderly**

**References: 36 (2000-2015)**

