

EFFECT OF SU-JOK THERAPY ON PAIN LEVELS OSTEOARTHRITIS IN THE ELDERLY AT RAJAWALI CITRA GENERAL HOSPITAL OF YOGYAKARTA

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ABSTRAC

Background: *The majority of osteoarthritis sufferers feel disturbed because of the pain they feel when doing activities. Osteoarthritis sufferers often experience stiffness, swelling, and limited joint movement in the knee joint, thus affecting the sufferer's productivity in carrying out daily activities, especially in elderly sufferers. There is a need for companion therapy other than medication to reduce pain in elderly people with osteoarthritis. One non-pharmacological therapy that can be applied to reduce pain in elderly people with osteoarthritis is Su-Jok therapy.*

Objective: *To determine the effect of Su-Jok therapy on changes in pain in elderly people with osteoarthritis at RSU Rajawali Citra.*

Method: *This research is quasi-experimental with a pre-test and post-test with a control group research design. The number of respondents was 64, who were selected using purposive sampling techniques. Data were collected using a respondent characteristics questionnaire and the Numeric Rating Scale (NRS) pain measuring instrument, and statistical tests were carried out using the Wilcoxon test and the Mann-Whitney test.*

Results: *There was a significant difference before and after Su-Jok therapy was given to the level of pain in elderly people with osteoarthritis at RSU Rajawali Citra (P value =0.000).*

Conclusion: *There is an effect of Su-Jok therapy on changes in pain in elderly people with osteoarthritis at RSU Rajawali Citra Yogyakarta.*

Keywords: *osteoarthritis, pain, elderly.*

**PENGARUH TERAPI SU-JOK TERHADAP TINGKAT NYERI
OSTEOARTHRITIS PADA LANSIA DI RSU RAJAWALI
CITRA YOGYAKARTA**

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ABSTRAK

Latar Belakang : Mayoritas penderita *osteoarthritis* merasa terganggu karena nyeri yang dirasakan saat melakukan aktivitas. Pada penderita *Osteoarthritis* sering terjadi kekakuan, bengkak dan menyebabkan terjadinya keterbatasan gerak sendi pada sendi lutut sehingga mempengaruhi produktivitas penderita dalam melakukan kegiatan sehari-hari khususnya pada penderita lansia. Perlu adanya terapi pendamping selain obat untuk menurunkan nyeri pada lansia dengan *Osteoarthritis*. Salah satu terapi non farmakologi yang dapat diterapkan untuk mengurangi nyeri pada lansia dengan *Osteoarthritis* yaitu terapi Su-Jok.

Tujuan : Mengetahui Pengaruh terapi Su-Jok terhadap tingkat *Osteoarthritis* pada lansia di RSU Rajawali Citra.

Metode : Penelitian ini merupakan penelitian *quasi-experimental* dengan desain penelitian *pre-test post-test with control group*. Jumlah responden 64 responden yang dipilih menggunakan teknik *sampling purposive*. Pengumpulan data dilakukan dengan kuesioner karakteristik responden dan alat ukur nyeri *Numeric Rating Scale (NRS)* dan dilakukan uji statistika menggunakan uji *Wilcoxon* dan uji *Mann-Whitney*.

Hasil : Terdapat perbedaan yang signifikan sebelum dan sesudah diberikan terapi Su-Jok terhadap tingkat nyeri *Osteoarthritis* pada lansia di RSU Rajawali Citra (*P value = 0,000*).

Kesimpulan : Terdapat pengaruh terapi Su-Jok terhadap perubahan nyeri pada lansia dengan *Osteoarthritis* di RSU Rajawali Citra Yogyakarta

Kata Kunci : *osteoarthritis*, nyeri, lansia