

PENERAPAN TEKNIK GENGAM BOLA KARET BERGERIGI UNTUK MENINGKATKAN KEKUATAN OTOT TANGAN PADA PASIEN STROKE NON HEMORAGIK DI RSUD WONOSARI

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ABSTRAK

Latar Belakang: Stroke merupakan penyakit tidak menular akibat penyempitan pembuluh darah otak yang menghambat aliran darah dan oksigen, menyebabkan gangguan neurologis akut dengan gejala sesuai area otak yang terdampak. Menurut *World Stroke Organization (WSO)* pada tahun 2019, stroke menduduki peringkat ketiga penyebab kematian atau kecacatan di seluruh dunia. Stroke dibagi menjadi dua, yaitu stroke non hemoragik dan stroke hemoragik. Stroke non hemoragik tidak hanya menyebabkan kelumpuhan atau kecacatan, tetapi juga berbagai dampak lainnya.

Tujuan: Untuk mengetahui kekuatan otot dan respons pasien stroke non hemoragik sebelum dan setelah dilakukan penerapan teknik genggam bola karet bergerigi.

Metode: Penelitian ini menggunakan metode studi kasus dengan perbandingan dua pasien stroke non hemoragik yang memiliki masalah keperawatan gangguan mobilitas fisik.

Hasil: Penerapan genggam bola karet bergerigi efektif meningkatkan kekuatan otot dengan keberhasilan tergantung pada frekuensi latihan, kerjasama pasien, dan penanganan medis pendukung.

Kesimpulan: Teknik genggam bola karet bergerigi dapat diimplementasikan sebagai intervensi keperawatan dalam meningkatkan kekuatan otot pasien dengan kondisi kelemahan otot.

Kata Kunci: Stroke, stroke non hemoragik, gangguan mobilitas fisik, kekuatan otot, menggenggam bola karet bergerigi

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***APPLICATION OF SPIKED RUBBER BALL GRIP TECHNIQUE TO
IMPROVE HAND MUSCLE STRENGTH IN NON-HEMORRHAGIC
STROKE PATIENTS AT WONOSARI GENERAL HOSPITAL***

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ABSTRACT

Background: Stroke is a non-communicable disease caused by narrowing of the cerebral blood vessels that blocks the flow of blood and oxygen, causing acute neurological disorders with symptoms according to the area of the brain affected. According to the World Stroke Organization (WSO) in 2019, stroke is the third leading cause of death or disability worldwide. Stroke is divided into two, namely non-hemorrhagic stroke and hemorrhagic stroke. Non-hemorrhagic stroke not only causes paralysis or disability, but also various other impacts.

Objective: To determine the muscle strength and response of non-hemorrhagic stroke patients before and after the application of the serrated rubber ball grasping technique.

Methods: This study used a case study method with a comparison of two non-hemorrhagic stroke patients who had nursing problems with physical mobility disorders.

Results: The application of serrated rubber ball grasping effectively increases muscle strength with success depending on the frequency of exercise, patient cooperation, and supporting medical treatment.

Conclusion: The jagged rubber ball grasping technique can be implemented as a nursing intervention in increasing the muscle strength of patients with muscle weakness conditions.

Keywords: Stroke, non-hemorrhagic stroke, physical mobility impairment, muscle strength, jagged rubber ball grasping

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