

APPLICATION OF STRETCHING EXERCISE IN FULFILLMENT OF COMFORT TO REDUCE JOINT PAIN IN THE ELDERLY AT BPSTW ABIYOSO

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ABSTRACT

Background: The prevalence of joint disease in Yogyakarta in 2018 was 5.93% or 8,848 people. Joint pain appears in the presence of discomfort to the touch, swelling, inflammation, tension and inhibition of movement. One of the non-pharmacological approaches that can be used to reduce pain is stretching exercise, which is a stretching technique to reduce pain in elderly joint pain.

Objective: Describes the application of stretching exercise in fulfilling a sense of comfort to reduce joint pain in the elderly at BPSTW Abiyoso.

Methods: This study uses a descriptive method with a case study approach to nursing care in fulfilling a sense of comfort to reduce joint pain in the elderly using the application of stretching exercise therapy which is carried out for 25 minutes once a day for four days on two respondents.

Results: This study shows that there is a decrease in pain levels after the implementation of stretching exercise therapy as evidenced by the results of the pain scale going down. The response of the two respondents after stretching exercise therapy seemed relaxed and complaints of pain were reduced.

Conclusion: Stretching Exercise Therapy as a complementary therapy is effective in reducing pain levels in elderly joint pain.

Keywords: Joint pain, stretching, elderly.

Description:

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PENERAPAN *STRETCHING EXERCISE* DALAM PEMENUHAN RASA NYAMAN UNTUK MENGURANGI NYERI SENDI PADA LANSIA DI BPSTW ABIYOSO

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ABSTRAK

Latar Belakang: Prevalensi penyakit sendi di Yogyakarta pada tahun 2018 sebanyak 5,93 % atau sebanyak 8.848 jiwa. Nyeri sendi muncul adanya rasa tidak nyaman untuk disentuh, muncul pembengkakan, peradangan, ketegangan dan penghambatan pergerakan. Salah satu pendekatan nonfarmakologis yang dapat digunakan untuk mengurangi nyeri adalah *stretching exercise*, yaitu teknik peregangan untuk menurunkan nyeri pada lansia nyeri sendi.

Tujuan: Menggambarkan penerapan *stretching exercise* dalam pemenuhan rasa nyaman untuk mengurangi nyeri sendi pada lansia di BPSTW Abiyoso.

Metode: Studi kasus ini menggunakan metode deskriptif dengan pendekatan studi kasus asuhan keperawatan dalam pemenuhan rasa nyaman untuk mengurangi rasa nyeri sendi pada lansia menggunakan penerapan terapi *stretching exercise* yang dilakukan selama 25 menit sebanyak satu kali sehari dalam empat hari pada dua responden.

Hasil: Studi kasus ini menunjukkan bahwa terdapat penurunan tingkat nyeri setelah pelaksanaan terapi *stretching exercise* dibuktikan dengan hasil skala nyeri yang turun. Respon kedua responden setelah dilakukan terapi *stretching exercise* tampak rileks dan keluhan nyeri berkurang.

Kesimpulan: Terapi *Stretching Exercise* sebagai terapi komplementer efektif dalam menurunkan tingkat nyeri pada lansia nyeri sendi.

Kata Kunci: Nyeri Sendi, *Stretching*, lansia.

Keterangan:

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