

**ABSTRACT****THE EFFECT OF WARM FOOTBATH TO DECREASE OSTEOARTHRITIS  
JOINT PAIN IN ELDERLY**

A quasy experimental study in the working area of Puskesmas Mojo Surabaya

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Osteoarthritis joint pain is caused by degeneration process of bone cartilage and emphasized on weight bearing joints such as knees, hips, feet and the back. Warm footbath is one of the kind of hidrotherapy which used the modality of warm water to recover injury and decrease the symptoms of chronic joint problems. The aims of this research was to analyzing the effect of warm footbath therapy to decrease osteoarthritis joint pain in elderly. This study used quasy experimental design. The sample was recruited using purposive sample, consisting of 20 responden whom taken according to the inclusion criteria and distributed into 2 groups, an experimental group (n=10) and a control group (n=10). The independent variabel of this research was the warm footbath and the dependent variabel was the level of osteoarthritis joint pain in elderly. The data were collected using Western Ontano Menchaster Artrhritis (WOMAC) and analyzed using Wilcoxon signed rank test and Mann-whitney test with level of significance  $p \leq 0,05$ . Wilcoxon signed rank test result shown there were differences between pre-post test in the experimental ( $p=0,004$ ) and control ( $p=0,011$ ) group. The result of reserach provided by Mann Whitney shown there were significant differences between experimental and control group post test ( $p=0,035$ ). It can be concluded that warm footbath affected osteoarthritis joint pain in elderly with osteoarthritis. Warm footbath is recomended to decrease joint pain level for elderly osteoarthritis because it can make muscle relax and increase the microvascularitation of synovial tissue. Futher study should use physical test as an acurate method to collect data from WOMAC instrument.

Keywords : Warm footbath, joint pain, elderly osteoarthritis