

ABSTRACT

**THE EFFECT OF GARRA RUFU CARE ON THE ITCHY COMPLAINTS
AND ANXIETY LEVEL IN ELDERLY WHO HAS PRURITUS**

QUASY-EXPERIMENT RESEARCH

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Introduction: pruritus is a symptom with a negative impact on quality of life and is known to be associated with anxiety. Itchy complaints in the elderly with pruritus can cause anxiety levels increase. Garra Rufa Care is an alternative intervention to decrease itchy complaints and anxiety level in elderly who has pruritus. The purpose of this research is to identify the effects of Garra Rufa Care to decrease itchy complaints and anxiety level in elderly with pruritus at Pagerejo Village. **Methods:** This research is designed as quasy-experiment which is use non-probability technique with simple random sampling method. This research respondents consisted of 40 elderly people who has pruritus caused by dermatology disease and they divided into experiment and control groups. The independent variable Garra Rufa Care, and variable dependent were the elderlies with pruritus. This research instrument use the Numeric Rating Scale (NRS), Geriatric Anxiety Inventory (GAI) and use Wilcoxon and Mann Whitney test with $\alpha < 0,05$ as its data analysis. **Results:** The results showed effect of Garra Rufa Care in itchy complaints ($p=0,000$) and there were high significant ($\alpha=0,014$). The results showed effect of Garra Rufa Care in anxiety levels ($p=0,000$) and there were high significant ($\alpha=0,000$). psychological effect had given “micro-massage” and decrease anxiety level, Physically had decrease itch Score. **Discussion:** Garra Rufa Care Intervention can decrease itchy complaints and anxiety level in elderly with pruritus. Further research was expected to make similar research with more samples and taking observation after giving an intervention.

Keywords: garra rufa, pruritus, itchy, elderly