

## ABSTRAK

### PENGARUH KOMPRES HANGAT TERHADAP PENURUNAN SKALA NYERI GOUT ARTHRITIS PADA LANSIA

*Gout arthritis*, yaitu zat hasil metabolisme purin dalam tubuh, zat asam urat tersebut biasanya dikeluarkan oleh ginjal bersamaan dengan urin jika dalam keadaan normal. Pengobatan non farmakologi sangat efektif dilakukan untuk mengurangi rasa nyeri diantaranya adalah kompres hangat. **Tujuan** penelitian ini adalah untuk mengetahui hubungan kompres hangat dalam menurunkan skala nyeri pada lansia yang mengalami nyeri gout arthritis di Puskesmas Nelayan Gresik.

Penelitian ini menggunakan **metode** “*pra-experimen*” menggunakan desain jenis *One Group Pretest Posttest design*. **Populasi** dalam penelitian ini sebanyak 40 responden. **Sampel** pada penelitian ini sebanyak 28 responden, pemilihan sampel dengan *Consecutive sampling*. Penelitian ini menggunakan analisis statistik uji *Wilcoxon Signed Ranks Test* dengan nilai standart  $<0,05$ .

**Hasil** penelitian menunjukkan nilai signifikan (2-tailed) = 0,000 maka  $H_0$  diterima dan dapat disimpulkan bahwa terdapat hubungan yang signifikan pemberian kompres hangat terhadap penurunan skala nyeri pada penderita *gout arthritis*. **Simpulan** dari penelitian ini yaitu kompres hangat dapat menurunkan skala nyeri pada penderita *gout arthritis*. **Saran** pada penelitian ini, kiranya tindakan non farmakologi kompres hangat dapat diterapkan pada penderita *gout arthritis* secara mandiri dirumah.

**Kata Kunci : Nyeri, Gout Arthritis, Kompres Hangat**

## **ABSTRACT**

### **RELATION OF WARM COMPRESS WITH PAIN REDUCTION GOUT ARTHRITIS IN ELDERLY**

Gout arthritis is a substance of purine metabolism in the body, the uric acid is usually excreted by the kidney together with urine if under normal circumstances, but sometimes kidney function is disrupted so that under certain conditions the kidneys are not able to remove the uric acid substances in a balanced manner that causes excess in the blood, the consequences of excess uric acid accumulate and accumulate in the joints (especially the joints of the big toe), the buildup is included in the kidney itself in the form of crystals. Nonpharmacological treatment is very effective done to reduce the pain of them is a warm compress. The purpose of this study was to determine the relationship of warm compresses in reducing the pain scale in the elderly who suffered gout arthritis pain at Puskesmas Nelayan Gresik.

This research uses "pre-experiment" method using design type of One Group Pretes Posstest design. The population in this study were 40 respondents. Samples in this study were 28 respondents, sample selection with Consecutive sampling. This study used statistical analysis of Wilcoxon Signed Ranks Test test with standard value  $<0,05$ .

The results showed significant value (2-tailed) = 0,000 then  $H_0$  received and it can be concluded that there is a significant relationship of giving warm compresses to decrease the pain scale in gout arthritis patients. The conclusions of this study are warm