

**PROGRAM STUDI S1 KEPERAWATAN
STIKES PAYUNG NEGERI PEKANBARU**

Skripsi, Juli 2022

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Pengaruh Kompres Hangat Daun Sirsak (*Annona Muricata Linn*) Terhadap Nyeri *Gout Arthritis* Lansia Di Wilayah Kerja Puskesmas Harapan Raya Kota Pekanbaru

XIV + 54 halaman + 6 tabel + 2 skema + 3 gambar + 8 lampiran

ABSTRAK

Nyeri merupakan salah satu masalah utama pada lansia yang menderita *gout arthritis*. Penggunaan terapi herbal seperti kompres hangat daun sirsak merupakan salah satu terapi yang dapat menurunkan nyeri *gout arthritis*. Penerapan terapi herbal kedalam asuhan keperawatan masih kurang dilakukan oleh perawat, sedangkan prevalensi penyakit *gout arthritis* berada pada peringkat satu di dunia menurut WHO yaitu sebesar 29%. Tujuan penelitian ini adalah untuk mengetahui pengaruh kompres hangat daun sirsak (*Annona Muricata Linn*) terhadap nyeri *gout arthritis* lansia. Penelitian ini merupakan penelitian kuantitatif dengan desain *Quasi experiment* dengan *pre-test and post-test without control group* di wilayah kerja Puskesmas Harapan Raya Kota Pekanbaru. Pengambilan sampel dengan teknik *Purposive sampling* sebanyak 20 responden dengan menggunakan lembar *numeric rating scale*. Analisis statistik dilakukan uji bivariat dengan *Paired Sampel T-Test* didapatkan nilai *p value* $(0.000) < 0,05$. Nilai mean *pre test* 4,90 dan *post test* 1,95 dengan selisih nilai skala nyeri setelah dilakukan intervensi yaitu 2,95. Disimpulkan bahwa ada pengaruh kompres hangat daun sirsak (*Annona Muricata Linn*) terhadap nyeri *gout arthritis* lansia di Wilayah Kerja Puskesmas Harapan Raya Kota Pekanbaru. Peneliti merekomendasikan bagi pelayanan kesehatan untuk melakukan edukasi terkait dengan terapi komplementer kepada lansia penderita *gout arthritis*. Disarankan bagi penelitian selanjutnya agar melakukan terapi akupresur titik Ki.3 yang memiliki manfaat untuk mengurangi intensitas nyeri sendi lutut.

Kata Kunci : *Gout arthritis*, Kompres Daun Sirsak, Nyeri

Daftar Bacaan : 41 Referensi (2012-2022)

NURSING PROGRAM STUDY
STIKES PAYUNG NEGERI PEKANBARU

Research, July 2022

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Effect of Warm Compress Soursop Leaves (Annona Muricata Linn) on Gout Arthritis Pain in the Elderly in the Work Area of Harapan Raya Health Center Pekanbaru City

XIV + 54 pages + 6 tables + 2 schemes + 3 pictures + 8 attachments

ABSTRACT

Pain is one of the main problems in the elderly who suffer from gouty arthritis. The use of herbal therapies such as warm compresses of soursop leaves is one therapy that can reduce gout arthritis pain. The application of herbal therapy into nursing care is still not carried out by nurses, while the prevalence of gouty arthritis is ranked first in the world according to WHO, which is 29%. The purpose of this study was to determine the effect of warm compresses on soursop leaves (*Annona Muricata Linn*) on gout arthritis pain in the elderly. This study is a quantitative study with a quasi-experimental design with pre-test and post-test without control group in the work area of Harapan Raya Health Center Pekanbaru City. Sampling with purposive sampling technique as many as 20 respondents using a numeric sheet twig scale. Statistical analysis was performed bivariate test with Paired Sample T-Test obtained p value $(0.000) < 0.05$. The mean value of the pre-test was 4.90 and the post-test was 1.95 with the difference in the value of the pain scale after the intervention was 2.95. It was concluded that there was an effect of warm compresses on soursop leaves (*Annona Muricata Linn*) on gout arthritis pain in the elderly in the Harapan Raya Health Center Work Area, Pekanbaru City. Researchers recommend that health services provide education related to complementary therapy to elderly people with gouty arthritis. It is recommended for further research to carry out acupressure therapy at the Ki.3 point which has the benefit of reducing the intensity of knee joint pain.

Keyword : Gout arthritis, Soursop Leaf Compress, Pain

Reading list : 41 Reference (2012-2022)