

Pelaksanaan intervensi keperawatan komunitas: coaching diet dan latihan fisik terhadap penurunan nyeri sendi pada agregat lansia di Kelurahan Srengseng Sawah Jakarta Selatan = Implementation of community nursing intervention coaching diet and exercise to decrease pain level of joint disease in elderly aggregate in Srengseng Sawah

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Abstrak

Nyeri sendi merupakan salah satu gangguan pada sistem muskuloskeletal yang mengalami perubahan akibat proses penuaan. 66 % lansia yang tinggal di komunitas mengalami nyeri sendi. Nyeri kronis memiliki implikasi besar bagi kesehatan, fungsi, dan kualitas hidup lansia. Penelitian ini bertujuan mengetahui pengaruh latihan yoga ringan terhadap nyeri sendi dan status kesehatan lansia di Kota Depok. Desain penelitian ini menggunakan quasi experimental dengan pendekatan pre and post with control group. Intervensi yang diberikan berupa latihan yoga ringan. Pengambilan sampel dengan cara multistage random sampling dengan jumlah sampel 74 lansia. Instrumen penelitian yang digunakan adalah indeks WOMAC nyeri dan survey kesehatan Short Form-12 (SF-12). Analisis bivariat menunjukkan latihan yoga ringan berpengaruh terhadap tingkat nyeri ($p=0,000$) dan status kesehatan ($p=0,0000$). Latihan yoga ringan layak dijadikan sebagai salah satu intervensi keperawatan untuk menurunkan nyeri sendi dan meningkatkan status kesehatan lansia.

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Joint pain is one of the problems in musculoskeletal system associated with aging process. Approximately 66% older person in the community experiencing joint pain. Chronic pain has a big impact on older person health, function, and quality of live. The aim of this study was to identify the effect of gentle yoga exercise on joint pain and health status of elderlies at Depok's City. The design of this study was quasi experimental with pre and post with control group. Gentle yoga exercise was used as the intervention of this study. A total number of 74 older person was taken using multistage random sampling. The instruments used were WOMAC pain and health survey Short Form-12 (SF-12). Bivariate analysis showed pointing out gentle yoga exercises affected the level of pain ($p = 0.000$) and health status ($p = 0.0000$). Gentle yoga exercises could be one of the nursing intervention to decrease joint pain and improve health status in older person.