

ABSTRAK

Akupresur merupakan pengobatan tradisional yang dapat mengurangi rasa nyeri dengan merangsang sel saraf dan mengontrol tekanan darah secara rutin. Gout arthritis disebabkan oleh asupan purin yang tinggi disertai dengan pola konsumsi tidak seimbang. Kadar asam urat yang tinggi menyebabkan gout pemicu terbentuknya gumpalan asam urat yang memadat didalam tubuh ditandai adanya peradangan, dan nyeri hebat dipersendian. Penelitian ini bertujuan untuk mengetahui efektifitas penggunaan terapi akupresur terhadap skala nyeri gout arthritis pada lansia. Penelitian ini menggunakan metode kuantitatif dengan desain *quasi experimental* melalui pendekatan *one group pre-test post-test design*. Populasi adalah seluruh responden lansia penderita gout arthritis. Teknik pengambilan sampel menggunakan *sampling* jenuh, maka sampel sebanyak 44 orang. Analisa bivariat menggunakan Uji Wilcoxon. Hasil penelitian didapatkan mayoritas berusia 60-69 tahun, berjenis kelamin perempuan. Hasil data sebelum dilakukan intervensi mayoritas nyeri berat. Setelah dilakukan intervensi mayoritas nyeri ringan. Berdasarkan efektifitas penggunaan intervensi terapi akupresur yang diberikan terhadap lansia penderita nyeri gout arthritis menunjukkan nilai *sig (2-tailed)* 0,00, yang berarti adanya perbedaan nyeri sebelum dan sesudah dilakukan terapi akupresur.

Kata Kunci: Gout Arthritis, Skala Nyeri, Terapi Akupresur

ABSTRACT

Acupressure is a traditional medicine that can reduce pain by stimulating nerve cells and controlling blood pressure on a regular basis. Gout arthritis is caused by high purine intake accompanied by an imbalanced consumption pattern. High uric acid levels cause gout which triggers the formation of congested uric acid clots in the body characterized by inflammation and severe pain in the joints. This study aims to determine the effectiveness of using acupressure therapy on the scale of arthritis gout pain in the elderly. This study used a quantitative method with a quasi experimental design through a one group pre-test post-test design approach. The population was all elderly respondents with arthritis gout. The sampling technique used saturated sampling, so the sample was 44 people. Bivariate analysis using the Wilcoxon Test. The results showed that the majority were 60-69 years old, female. The results of the data before the intervention were the majority of severe pain. After intervention, the majority of pain was mild. Based on the effectiveness of the use of acupressure therapy interventions given to elderly people with gouty arthritis pain, it shows a sig (2-tailed) value of 0.00, which means that there is a difference in pain before and after acupressure therapy.

Keywords: Gout Arthritis, Pain Scale, Acupressure Therapy