

PENGARUH TERAPI KOMPLEMENTER MASASE PUNGGUNG
TERHADAP PENINGKATAN QUALITY OF LIFE PASIEN DM PADA
LANSIA DI PANTI JOMPO YAYASAN GUNA
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ABSTRAK

Diabetes Melitus merupakan sekelompok kelainan heterogen yang ditandai oleh kenaikan kadar glukosa darah atau hiperglikemia. Salah satu terapi non farmakologi yaitu masase punggung yang merupakan pemijatan yang menstimulasi sirkulasi darah serta metabolisme dalam jaringan, masase memiliki banyak manfaat bagi semua sistem organ tubuh. *Quality of life* merupakan persepsi seseorang tentang kondisi kesehatannya yang mempengaruhi kesehatan secara umum dalam melaksanakan peran dan fungsi fisik serta keadaan tubuh. Tujuan dilakukan percobaan ini untuk membuktikan adanya pengaruh terapi masase punggung terhadap peningkatan quality of life pasien DM pada lansia di Panti Jompo Yayasan Guna Budi Bakti Medan. Desain yang dipakai untuk percobaan ini disebut Pre-Eksperimen dengan metode One Grup. Menggunakan teknik Purposive Sampling sebanyak 31 orang responden dimana akan dilakukan observasi sebelum dan sesudah dilakukan intervensi. Intervensi dilakukan selama 2 minggu. Pada uji *Wilcoxon Signed Rank Test Pre-test* dan *post-test* di dapatkan nilai uji p-value lebih kecil dari 0,05 ($0,000 < 0,05$), sehingga dapat di artikan H_0 di tolak, terdapat perbedaan antara *quality of life Pre-test* dan *Post-test*

Kata Kunci : Masase Punggung, Diabetes Melitus, *Quality of life*

THE EFFECT OF COMPLEMENTARY BACK MASSAGE THERAPY ON
IMPROVING THE QUALITY OF LIFE OF DM PATIENTS IN THE
ELDERLY IN ORIGINAL FOR THE JOMPO YAYASAN GUNA BUDI
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ABSTRACT

Diabetes Mellitus is a heterogeneous group of disorders characterized by elevated blood glucose levels or hyperglycemia. One of the non-pharmacological therapies is back massage which is a massage that stimulates blood circulation and metabolism in tissues, massage has many benefits for all organ systems of the body. Quality of life is a person's perception of his health condition that affects general health in carrying out physical roles and functions as well as the state of the body. The purpose of this experiment was to prove the effect of back massage therapy on improving the quality of life of DM patients in the elderly at the Guna Budi Bakti Nursing Home in Medan. The design used for this experiment is called Pre-Experiment with the One Group method. Using the purposive sampling technique as many as 31 respondents will be observed before and after the intervention. The intervention was carried out for 2 weeks. In the Wilcoxon Signed Rank Test Pre-test and post-test, the p-value test value is smaller than 0.05 ($0.000 < 0.05$), so it can be interpreted that H_0 is rejected, there is a difference between the quality of life Pre-test test and post-test.

Keywords: Back Massage, Diabetes Mellitus, Quality of life