

PENGARUH AROMA TERAPI DAUN JERUK TERHADAP PENURUNAN SKALA NYERI PADA PASIEN RHEUMATOID ARTHRITIS DI RUMAH SAKIT ROYAL PRIMA MEDAN

Abstrak

Penyakit inflamasi sistemik kronis, inflamasi sistemik yang dapat mempengaruhi banyak jaringan dan organ, tetapi terutama menyerang fleksibel (sinovial) sendi disebut dengan rematik. Nyeri adalah salah satu tanda yang dialami oleh penderita reumatik. Nyeri reumatik dirasakan pada daerah tangan, sendi siku, kaki, pergelangan kaki dan lutut. Nyeri dan bengkak pada sendi dapat berlangsung terus menerus dan semakin lama gejala keluahnya akan semakin berat. Dalam menangani nyeri sendi pada lanjut usia, perlu diberikan penanganan yang tepat baik secara farmakologi maupun nonfarmakologi. Tujuan penelitian untuk mengetahui pengaruh aroma terapi daun jeruk terhadap penurunan skala nyeri pada pasien rheumatoid arthritis Rumah Sakit Royal Prima. Jenis penelitian pre-eksperimen dengan rencana *one group pre-test* dan *post-test design* yaitu kelompok dimana subjek diobservasi sebelum dilakukan intervensi, kemudian diobservasi setelah dilakukan intervensi. Populasi dalam penelitian ini diambil melalui rekam medik Rumah Sakit Royal Prima tentang jumlah pasien yang menderita rheumatoid arthritis pada bulan Mei 2023 sebanyak 225 pasien. Sampel dalam penelitian ini adalah seluruh pasien rheumatoid arthritis yang dirawat inap ke Rumah Sakit Royal Prima. Teknik pengambilan sampel dalam penelitian ini adalah dengan menggunakan rumus Arikunto. Peneliti menggunakan 25% dari seluruh jumlah populasi, maka jumlah sampel dalam penelitian ini sebanyak 22 orang. Hasil penelitian menjelaskan ada pengaruh antara pemberian aroma terapi daun jeruk terhadap penurunanskala nyeri pada pasien rheumatoid arthritis di Rumah Sakit Royal Prima Medan dengan nilai *P*value 0,016 dan *Z* -3,950.

Kata Kunci: aromaterapi, daun jeruk, skala nyeri, rheumatoid arthritis

THE EFFECT OF ORANGE LEAF AROMA THERAPY ON REDUCING THE SCALE OF PAIN IN RHEUMATOID ARTHRITIS PATIENTS AT ROYAL PRIMA HOSPITAL MEDAN

Abstract

Chronic systemic inflammatory disease, systemic inflammation that can affect many tissues and organs, but mainly attacks the flexible (synovial) joints is called rheumatism. Pain is one of the signs experienced by rheumatism sufferers. Rheumatic pain is felt in the hands, elbow joints, feet, ankles and knees. Pain and swelling in the joints can last continuously and the longer the symptoms of complaints will become more severe. In treating joint pain in the elderly, it is necessary to provide appropriate treatment both pharmacologically and non-pharmacologically. The aim of the research was to determine the effect of orange leaf aroma therapy on reducing the pain scale in rheumatoid arthritis patients at Royal Prima Hospital. This type of pre-experimental research plans with a one group pre-test and post-test design, namely groups where subjects are observed before the intervention is carried out, then observed after the intervention is carried out. The population in this study was taken from the medical records of the Royal Prima Hospital regarding the number of patients suffering from rheumatoid arthritis in May 2023 as many as 225 patients. The samples in this research were all rheumatoid arthritis patients who were hospitalized at the Royal Prima Hospital. The sampling technique in this research is by using a formula Arikunto. Researchers used 25% of the total population, so the number of samples in this study was 22 people. The results of the study explain that there is an influence between giving orange leaf aroma therapy on reducing the pain scale in rheumatoid arthritis patients at the Royal Prima Hospital in Medan with a P value of 0.016 and a Z value of -3.950

Keywords: *aromatherapy, lime leaves, pain scale, rheumatoid arthritis*