

ABSTRAK

Rematik merupakan penyakit yang sering menyerang semua sendi, terutama sering menyerang sendi pergelangan tangan, kuku jari, lutut dan engkel kaki. Range of Motion merupakan salah satu intervensi yang dapat mengembalikan atau meningkatkan fungsi otot atau sendi bagi penderita yang telah mengalami penurunan fungsi akibat proses perjalanan penyakit terutama pada penyakit system muskuloskeletal. Tujuan penelitian ini adalah untuk mengetahui apakah ada pengaruh range of motion (ROM) terhadap penurunan kekuatan sendi jari pada pasien penderita rematik (rheumatoid arthritis) di Panti Jompo Yayasan Guna Budi Bakti Medan. Penelitian ini dilakukan dengan jenis eksperimen semu melalui rancangan penelitian *one group pre-test* dan *post-test design*. Penelitian ini dilaksanakan di Panti Jompo Yayasan Guna Budi Bakti Medan pada bulan September sampai November tahun 2024. Populasi penelitian diambil dari jumlah pasien penderita rematik (rheumatoid arthritis) di Panti Jompo Yayasan Guna Budi Bakti. Besar sampel mengacu pada tehnik *total sampling* yaitu suatu metode penentuan penelitian dengan mengambil seluruh jumlah populasi menjadi sampel penelitian. Jumlah sampel dalam penelitian ini diperkirakan sebanyak 30 orang. Hasil menjelaskan bahwa ada pengaruh range of motion (ROM) terhadap penurunan kekuatan sendi jari pada pasien penderita rematik (rheumatoid arthritis) di Panti Jompo Yayasan Guna Budi Bakti Medan. Diharapkan kepada peneliti dapat berperan aktif kepada masyarakat khususnya lansia yang menderita rematik untuk dapat mengajari lansia dalam melaksanakan range of motion secara teratur.

Kata kunci : range of motion, kekuatan sendi jari, rematik

ABSTRACT

Rheumatism is a disease that often attacks all joints, especially the wrist joints, fingernails, knees and ankles. Range of Motion is an intervention that can restore or improve muscle or joint function for sufferers who have experienced decreased function due to the disease process, especially diseases of the musculoskeletal system. The aim of this study was to determine whether there was an effect of range of motion (ROM) on decreasing finger joint strength in patients suffering from rheumatoid arthritis at the Guna Budi Bakti Foundation Nursing Home in Medan. This research was conducted as a quasi-experiment using a one group pre-test and post-test design. This research was carried out at the Guna Budi Bakti Foundation Nursing Home in Medan from September to November 2024. The research population was taken from the number of patients suffering from rheumatism (rheumatoid arthritis) at the Guna Budi Bakti Foundation Nursing Home. Sample size refers to the total sampling technique, which is a method for determining research by taking the entire population as the research sample. The number of samples in this study is estimated to be 30 people. The results explain that there is an influence of range of motion (ROM) on decreasing finger joint strength in patients suffering from rheumatoid arthritis at the Guna Budi Bakti Foundation Nursing Home in Medan. It is hoped that researchers can play an active role in the community, especially the elderly who suffer from rheumatism, to be able to teach the elderly to carry out range of motion regularly.

Keywords: *range of motion, finger joint strength, rheumatism*