

ABSTRACT

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Differences Scale of Joint Pain Before and After Giving a Compress of Warm 10% Red Ginger to Lansia at Panti Sosial Lansia Harapan Kita Palembang.

SKRIPSI

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Background: Elderly people experience physiological and morphological changes that affect joint susceptibility such as pain, swelling, redness, heat and pain when moved. Pain in the joint area that is felt if not treated properly will have an impact on the decrease in activity and affect the comfort of the body. Efforts were made to reduce joint pain by giving a warm compress of 10% red ginger.

Aims: To analyse of the difference in scale of pain before and after 10% red ginger compresses for elderly in Panti Sosial Lansia Harapan Kita Palembang.

Method: Type of quantitative research, Quasy Experiment design research with Non Equivalent Control Group approach. The study sample was elderly obtained based on Nonprobability Sampling with Total Sampling technique which amounted to 22 respondents, 11 respondents in the intervention group and 11 respondents in the control group. Data collection using observation and interview sheets and data analyzed using Paired sample t test and Independent t-test.

Results: The results showed the average value of the joint pain scale on the first day before giving a warm compress of red ginger 10% which is 7.00 while the average value of the third day after being given a 10% red ginger warm compress was 2,55. Paired sample t test showed significant differences in pain before and after ($p = 0,001$). Independent t test showed significant differences in the control and intervention groups ($p = 0,001$).

Suggestion: Elderly people at the Panti Sosial Lansia Harapan Kita Palembang are expected to be able to compress 10% warm red ginger independently because this action is proven to reduce joint pain.

Keywords: Joint Pain, 10% Red Ginger Warm Compress, Elderly.