

ORIGINAL ARTICLE

Penurunan Nyeri Sendi Pada Lansia Dengan Terapi Relaksasi Autogenik Dan Terapi Guided Imagery

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ABSTRACT

Introduction: Elderly people face various health problems related to decreased body function, one of which is joint pain. Joint pain limits the range of motion of the elderly so that joints become stiff, have difficulty walking and can cause disability. Joint pain causes the elderly to be unable to perform activities comfortably which results in decreased quality of life. **Objectives:** The Purpose to determine the effect of autogenic relaxation therapy and guided imagery therapy on joint pain in the elderly. **Methods:** The methods Used Quantitative Design with two group pre test and post test. The study used 16 respondents with a matched case control sampling technique divided into two treatment groups with 8 respondents each. **Results:** The results of statistical analysis showed that there was no difference between autogenic relaxation therapy and guided imagery in the elderly with joint pain with a p-value of 0.558> 0.05. **Conclusion:** Autogenic relaxation and guided imagery are effective in reducing joint pain in the elderly.

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Introduction

Kelompok lanjut usia (lansia) merupakan kelompok umur 60 tahun keatas yang memasuki tahapan akhir dari fase kehidupannya. Pada usia lansia akan cenderung mengalami perubahan struktur fungsi baik fisik maupun mental. Perubahan ini mengakibatkan lansia mengalami gangguan hampir seluruh sistem tubuh, salah satu gangguan sistem yang sering dialami lansia adalah penurunan pada sistem musculoskeletal (Azizah, Lilik, M, 2011).

Perubahan fisiologis yang terjadi pada lansia dapat mengenai sitem musculoskeletal. Masalah umum yang biasanya dialami oleh lansia yaitu nyeri sendi. Peradangan pada nyeri sendi ditandai dengan warna kemerahan, pembengkakan sendi, panas, nyeri dan gangguan gerak. Bagian tubuh yang biasa terkena peradangan yaitu persendian pada jari-jari, tulang punggung, sendi penahan berat tubuh (lutut dan panggul). Sebagian besar lansia menganggap sepele nyeri sendi yang dialami, sehingga kurang memperhatikan gaya hidup seperti pola makan, serta latihan fisik yang tepat (Aspiani, R.Y, 2014).

Prevalensi kejadian nyeri sendi pada tahun 2016 yang dilaporkan oleh Organisasi Kesehatan Dunia (WHO) adalah mencapai 20% dari penduduk dunia yang mengalami nyeri sendi, dimana 5-10% berusia 5-20 tahun dan 20% berusia 55 tahun. Penderita



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