

## ABSTRAK

Nyeri sendi adalah sebuah ketidaknyamanan yang dirasakan pada bagian area sendi seluruh tubuh, dan paling sering dijumpai di masyarakat terutama dialami pada menopause. Studi pendahuluan yang dilaksanakan di desa Jatirejo menunjukkan bahwa, semua responden mengalami nyeri sendi dengan tingkat nyeri ringan sebanyak 20% dan sebagian besar (80%) tingkat nyeri sedang hingga berat. Tujuan dilakukan terapi kompres hangat rimpang kencur untuk menurunkan tingkat nyeri sendi pada ibu menopause di Desa Jatirejo Kabupaten Mojokerto.

Penelitian ini menggunakan desain penelitian kuantitatif dengan *quasy eksperimen*. Penelitian ini dilakukan di Desa Jatirejo Kabupaten Mojokerto dengan sampel sejumlah 60 responden menggunakan teknik *simple random sampling* yang dibagi menjadi kelompok perlakuan dan kontrol. Analisa data menggunakan analisa univariat dan bivariat, dan hasil analisis menggunakan *uji wilcoxon*.

Hasil penelitian ini menunjukkan, kelompok sebelum diberikan terapi kompres hangat rimpang kencur, hampir setengahnya (43,3%) merasakan nyeri sendi berada di tingkat nyeri *moderate pain*, sesudah diberikan terapi kompres hangat rimpang kencur, hampir setengahnya (43.3%) merasakan nyeri sendi berada pada tingkat nyeri *mild pain*. Berdasarkan *uji wilcoxon* didapatkan 27 responden mengalami penurunan tingkat nyeri sendi dan 3 responden tidak mengalami perubahan tingkat nyeri sendi, diperoleh *P-Value* 0,000 sehingga  $P < \alpha$ .

Berdasarkan uraian diatas, disimpulkan bahwa ada pengaruh terapi kompres hangat rimpang kencur terhadap penurunan nyeri sendi pada ibu menopause. Berdasarkan penelitian diharapkan Ibu menopause di Desa Jatirejo Kabupaten Mojokerto mampu menerapkan pengaplikasian terapi kompres hangat rimpang kencur sebagai salah satu terapi non farmakologi yang efektif serta aman untuk menurunkan tingkat nyeri sendi pada ibu menopause, serta bagi tenaga kesehatan diharapkan dapat memberikan edukasi dan motivasi pada ibu menopause dan memberikan sesuatu yang berbeda seperti BATRA (Pengobatan Tradisional) di posyandu lansia untuk mengurangi keluhan nyeri sendi sehingga terciptalah menopause yang sehat dan berkualitas.

Kata kunci : *Menopause*, nyeri sendi, terapi kompres hangat, rimpang kencur.

## ABSTRACT

Joint pain is a discomfort that is felt in the joint areas throughout the body, and is most often found in the community, especially experienced in menopause. Preliminary studies conducted in the village of Jatirejo showed that all respondents experienced joint pain with a mild pain level of 20% and the majority (80%) had moderate to severe pain levels. The aim of warm compress therapy for kencur rhizomes is to reduce the level of joint pain in postmenopausal women in Jatirejo Village, Mojokerto Regency.

This study uses a quantitative research design with quasy experiments. This research was conducted in Jatirejo Village, Mojokerto Regency with a sample of 60 respondents using a simple random sampling technique which was divided into treatment and control groups. Data analysis used univariate and bivariate analysis, and the results of the analysis used the Wilcoxon test.

The results of this study showed, before being given warm compresses of kencur rhizome, almost half (43.3%) felt joint pain at a moderate level of pain, after being given warm compresses of kencur rhizome, almost half (43.3%) felt joint pain was at the mild pain level. Based on the Wilcoxon test, it was found that 27 respondents experienced a decrease in the level of joint pain and 3 respondents did not experience a change in the level of joint pain, a P-Value of 0.000 was obtained so that  $P < \alpha$ .

Based on the description above, it can be concluded that there is an effect of warm compress therapy on kencur rhizomes to reduce joint pain in postmenopausal women. Based on the research, it is hoped that postmenopausal women in Jatirejo Village, Mojokerto Regency will be able to apply warm compresses to kencur rhizome as one of the non-pharmacological therapies that are effective and safe for reducing the level of joint pain in postmenopausal women, as well as for health workers to provide education and motivation to menopausal women and provide something different such as BATRA (Traditional Medicine) at the elderly Posyandu to reduce complaints of joint pain so as to create a healthy and quality menopause.

Keyword : menopause, pain, warm compress therapy, kencur rhizome