

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
PROGRAM STUDI SARJANA KEPERAWATAN**

Skripsi, Agustus 2018

Hanni Aryanti Saftri

**Pengaruh Tehnik Relaksasi Otot Progresif Terhadap Penurunan Skala Nyeri
Gastritis Pada Lansia Diwilayah Kerja Puskesmas Tamansari Kota
Tasikamalaya**

ABSTRAK

XIII + VII BAB + 65 Halaman + 9 Tabel + 2 Bagan + 1 Gambar + 10 Lampiran

Gastritis merupakan penyakit saluran pencernaan yang banyak diderita oleh usia lanjut, penyakit ini menyebabkan keluhan nyeri pada perut dan ulu hati. Manajmen nyeri pada lansia yang menderita gastritis bertujuan untuk mengurangi nyeri atau menghilangkan nyeri yang ada. Salah satu manajemen nyeri secara non farmakologi adalah tehnik relaksasi otot progresif. Tujuan penelitian ini untuk mengetahui pengaruh tehnik relaksasi otot progresif terhadap penurunan skala nyeri gastritis pada lansia diwilayah kerja puskesmas tamansari kota tasikmalaya. metode penelitian kuantitatif dengan desain eksperimental *one group pretest-posttest*. Sampelnya sebanyak 18 orang lansia dengan teknik pengambilan sampel *purposive sampling*. Hasil penelitian menunjukkan skala nyeri gastritis sebelum dilakukan tehnik relaksasi otot progresif rata-ratanya 4,05, sesudah dilakukan tehnik relaksasi otot progresif rata-ratanya 2,27. Berdasarkan uji statistik uji t didapatkan p value = 0,00 (<0,05), artinya ada pengaruh tehnik relaksasi otot progresif terhadap penurunan skala nyeri gastritis pada lansia. Oleh karena itu, diharapkan bagi tenaga kesehatan khususnya perawat dapat menggunakan salah satu alternatif terapi komplementer relaksasi otot progresif dalam menangani pasien gastritis.

Kata Kunci : Skala Nyeri, Tehnik Relaksasi Otot Progresif, Gastritis, Lanjut Usia

Kepustakaan : 27 (2007 – 2017)

**THE FACULTY OF HEALTH SCIENCES
MUHAMMADIYAH UNIVERSITY OF TASIKMALAYA
NURSING UNDERGRADUATE COURSES**

Thesis, August 2018

Hanni Aryanti Saftri

***The Effect of Progressive Muscle Relaxation Technique on Decreasing
Gastritis Pain Scale in Elderly in the Work Area of Puskesmas Tamansari Kota
Tasikamalaya***

ABSTRACT

XIII + VII Chapter + 65 Pages + 9 Tables + 2 Charts + 1 Picture + 10 Attachments

Gastritis is a digestive disease that suffered by many elderly people, this disease causes complaints of abdominal pain and heartburn. Pain management in the elderly who suffer from gastritis aims to reduce pain or relieve existing pain. One of non-pharmacological pain management is progressive muscle relaxation technique. The purpose of this study was to determine the effect of progressive muscle relaxation techniques on decreasing the scale of gastritis pain in the elderly in the work area of tamansari health center tasikmalaya city. Quantitative research method with experimental design of one group pretest-posttest used. The sample was 18 elderly people with purposive sampling technique. The results showed the scale of gastritis pain before the progressive muscle relaxation technique its average was 4.05, after the progressive muscle relaxation technique was done, its average was 2.27. Based on the t test statistic test obtained p value = 0.00 (<0.05), it means that there is an effect of progressive muscle relaxation techniques on decreasing the scale of gastritis pain in the elderly. Therefore, it is expected that health workers, especially nurses, can use one of alternative complementary therapy for progressive muscle relaxation in dealing with gastritis patients.

Keywords: Pain Scale, Progressive Muscle Relaxation Technique, Gastritis, Elderly

Bibliography : 27 (2007-2017)