

# EFEKTIVITAS SENAM ERGONOMIK TERHADAP EFIKASI DIRI DAN KADAR ASAM URAT PENDERITA GOUT ARTRITIS

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## ABSTRAK

**Latar Belakang:** Penyakit degeneratif yang tidak menular seperti gout artritis biasanya berlangsung lama dan seringkali ditemui pada usia muda dan lansia. Efikasi diri dapat didefinisikan sebagai keyakinan pada kemampuan seseorang dalam melakukan tugas dengan hasil yang diinginkan. Senam ergonomik diberikan 3 kali seminggu kepada penderita gout artritis sebagai terapi nonfarmakologis untuk menurunkan kadar asam urat. **Tujuan:** Untuk mengetahui efektivitas senam ergonomik terhadap efikasi diri dan kadar asam urat terhadap penderita gout artritis di Desa Tateli Tiga, Kecamatan Mandolang, kabupaten Minahasa. **Metode:** Penelitian ini menggunakan penelitian *quasy eksperiment* dengan desain penelitian *one group pretest-posttest design*. Populasi penderita gout artritis di Puskesmas tateli dan masyarakat Desa Tateli Tiga, Kecamatan Mandolang, Kabupaten Minahasa sebanyak 68 orang. Teknik sampling yang digunakan adalah *total sampling*. Analisa menggunakan uji *Wilcoxon*. **Hasil:** hasil analisa menggunakan uji *Wilcoxon* pada kadar asam urat sebelum dan sesudah intervensi didapatkan *p-value* 0,000 (<0,05), dan pada efikasi diri didapatkan hasil *p-value* 0,000 (<0,05). **Kesimpulan:** Terdapat perbedaan antara senam ergonomik pada efikasi diri dan kadar asam urat penderita gout artritis sebelum dan sesudah diberikan senam ergonomik.

**Kata Kunci:** Efikasi diri, gout artritis, kadar asam urat

**THE EFFECTIVENESS OF ERGONOMIC EXERCISES ON SELF-EFFICACY AND URIC ACID LEVELS OF PEOPLE WITH GOUT ARTHRITIS**

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**ABSTRACT**

**Background:** Non-communicable degenerative diseases such as gouty arthritis usually last long and are often found in young people and the elderly. Self-efficacy can be defined as belief in one's ability to perform tasks with desired results. Ergonomic exercises are given three times a week to people with gouty arthritis as nonpharmacological therapy to reduce uric acid levels. **Objective:** To determine the effectiveness of ergonomic exercises on self-efficacy and uric acid levels in people with gout arthritis in Tateli Tiga Village, Mandolang District, Minahasa Regency. **Method:** This research uses quasi-experimental research with a one-group pretestposttest design. The population of people with gout arthritis at the Tateli Community Health Center and the community of Tateli Tiga Village, Mandolang District, Minahasa Regency, is 68 people. The sampling technique used was total sampling. The analysis uses the Wilcoxon test. **Results:** The results of the study using the Wilcoxon test on uric acid levels before and after the intervention obtained a p-value of 0.000 ( $<0.05$ ), and for self-efficacy, the results obtained a p-value of 0.000 ( $<0.05$ ). **Conclusion:** There is a difference between ergonomic exercise in self-efficacy and uric acid levels in people with gout arthritis before and after being given ergonomic exercise.

**Keywords:** Self-efficacy, gouty arthritis, uric acid levels

*This translation has been checked and proven accurate.*



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