

**EFEKTIVITAS KOMPRES JAHE MERAH HANGAT TERHADAP
PENURUNAN NYERI PENDERITA *GOUT ARTHRITIS*
DI DESA KALINDA 1 KECAMATAN TAMAKO
KABUPATEN KEPULAUAN SANGIHE**

Kaseside. A¹, Langelo. W², Lumintang. C³

Fakultas Keperawatan Universitas Katolik De La Salle Manado

Email : ameliakaseside47@gmail.com

Abstrak

Latar Belakang : Asam urat atau *Gout arthritis* ialah suatu penyakit sendi yang ditandai dengan peningkatan kadar asam urat dalam darah yang disebut *hiperurisemia*. Hal ini terjadi sebab penderita tidak mengatur pola makan, kurangnya pengetahuan masyarakat perihal pentingnya mengecek kesehatan secara terencana, serta kurangnya pengetahuan tentang penyakit yang ditimbulkan oleh asam urat. Nyeri *gout arthritis* dapat diatasi dengan tindakan farmakologis dan non farmakologis. Tindakan nonfarmakologis, yang diberikan yaitu kompres jahe merah hangat terhadap penurunan nyeri penderita *Gout Arthritis* di Desa Kalinda 1 Kabupaten Kepulauan Sangihe.

Tujuan : Penelitian ini bertujuan untuk mengetahui efektifitas kompres jahe merah hangat terhadap penurunan nyeri *gout arthritis* di Desa Kalinda 1 Kabupaten Kepulauan Sangihe.

Metode : Penelitian ini adalah penelitian kuantitatif dengan desain penelitian *Pre-Post eksperimental* dan menggunakan rancangan penelitian *one grup pre test post test design*. Lokasi penelitian dilaksanakan di Desa Kalinda 1 Kabupaten Kepulauan Sangihe. Populasi adalah seluruh penderita nyeri *gout arthritis* dengan pengambilan data menggunakan teknik *non-probabilitas (purposive)* n= 30 responden. Penelitian ini menggunakan uji *Wilcoxon* ($\alpha \leq 0,05$).

Hasil : Hasil analisis data Uji statistik yang digunakan uji *Wilcoxon* dengan nilai signifikan. Hasil yang didapatkan dari uji *Wilcoxon* yaitu *mean rank*, pre test-post 15,50, menjadi 0,000 ($p\text{-value} < 0,05$).

Kesimpulan : Pemberian kompres jahe merah hangat efektif terhadap penurunan nyeri *Gout Arthritis* di Desa Kalinda 1 Kec.Tamako, Kabupaten Kepulauan Sangihe.

Kata kunci: *Gout Arthritis*, Nyeri Sendi, Kompres, Jahe Merah.

Kepustakaan : 16 Jurnal, 9 Buku, 15 Artikel (tahun 2019-2024).

THE EFFECTIVENESS OF WARM RED GINGER COMPRESS IN REDUCING PAIN OF GOUT ARTHRITIS PATIENTS IN KALINDA 1 VILLAGE TAMAKO DISTRICT KEPULAUAN SANGIHE REGENCY

Kaseside. A¹, Langelo. W², Lumintang. C³

Fakultas Keperawatan Universitas Katolik De La Salle Manado Email :
ameliakaseside47@gmail.com

Abstract

Background: Gout arthritis is a joint disease characterized by an increased level of uric acid in the blood, known as hyperuricemia. This condition often arises due to poor dietary habits, lack of public awareness regarding the importance of regular health check-ups, and limited knowledge about diseases caused by elevated uric acid levels. Pain caused by gout arthritis can be managed through pharmacological and non-pharmacological approaches. One of the non-pharmacological treatments is the application of a warm red ginger compress to reduce pain in gout arthritis patients in Kalinda 1 Village, Sangihe Islands Regency.

Objective: This study aimed to determine the effectiveness of warm red ginger compresses in reducing gout arthritis pain in Kalinda 1 Village, Sangihe Islands Regency.

Methods: This study was a quantitative study using a pre-post experimental design with a one-group pretest-posttest approach. The study was conducted in Kalinda 1 Village, Sangihe Islands Regency. The population consisted of all individuals suffering from gout arthritis. The data were collected using a non-probability (purposive) sampling technique with a total of 30 respondents. The data analysis was conducted using the Wilcoxon test ($\alpha \leq 0.05$).

Results: The statistical analysis using the Wilcoxon test showed a significant difference in pain levels before and after the intervention. The mean rank of the Wilcoxon test from pre-test to post-test was 15.50, with a p-value of 0.000 ($p < 0.05$).

Conclusion: The application of warm red ginger compresses was effective in reducing pain in gout arthritis patients in Kalinda 1 Village, Tamako District, Sangihe Islands Regency.

Keywords: Gout Arthritis, Joint Pain, Compress, Red Ginger

References: 16 Journals, 9 Books, 15 Articles (published between 2019–2024).

This translation has been checked and proven accurate.



Rafael H. Y. Sengkey, S.S., M.Pd.

*Head of Language Development Office
Universitas Katolik De La Salle Manado*