

**Penerapan Relaksasi Progresif Pada Asuhan Keperawatan Nyeri
Arthritis Rheumatoid Pada Lansia Di Desa Kwayangan
Kecamatan Kedungwuni**

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Program Studi Diploma III Keperawatan STIKES Muhammadiyah Pekajangan
Pekalongan

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Abstrak

Arthritis rheumatoid merupakan penyakit inflamasi sistemik kronis, inflamasi sistemik yang dapat mempengaruhi banyak jaringan dan organ, tetapi terutama menyerang sendi sehingga menyebabkan nyeri sendi. Prevalensi *arthritis rheumatoid* di Indonesia mencapai (45,59%) orang, dan di Jawa Tengah terdapat (0,2%) serta di Kabupaten Pekalongan khususnya di Puskesmas Kedungwuni terdapat 140 orang yang menderita arthritis rheumatoid. Rasa nyeri pada persendian dapat diatasi dengan terapi relaksasi progresif. Hasil penerapan dari terapi relaksasi progresif terbukti dapat menurunkan rasa nyeri, mengurangi kecemasan, dan mendapatkan rasa rileks.

Kata Kunci : Arthritis Rheumatoid, nyeri, relaksasi progresif.

Application of Progressive Relaxation In Nursing Pain
Rheumatoid Arthritis In The Elderly In Kwayangan Village
Kecamatan Kedungwuni

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Abstract

Rheumatoid arthritis is a chronic systemic inflammatory disease, systemic inflammation that can affect many tissues and organs, but mainly attacks the joints causing joint pain. The prevalence of rheumatoid arthritis in Indonesia reached (45.59%), and in Central Java (0.2%) and in Pekalongan Regency especially in Kedungwuni Puskesmas there were 140 people suffering from rheumatoid arthritis. Pain in the joints can be treated with progressive relaxation therapy. The application of progressive relaxation therapy is proven to reduce pain, reduce anxiety, and get a sense of relaxation.

Keywords : Rheumatoid arthritis, pain, progressive relaxation.