

ABSTRAK

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Pengaruh Kombinasi *Hold Relax* dan *Active Resisted Exercise* terhadap Aktivitas Fungsional pada Pasien *Osteoarthritis Knee* di RSUD Kajej Kabupaten Pekalongan

Pendahuluan: Osteoarthritis adalah kondisi degeneratif yang ditandai dengan kerusakan pada tulang rawan sendi, lapisan pelindung yang memungkinkan gerakan sendi yang mulus. Kondisi ini paling sering terjadi pada sendi yang sering menanggung beban seperti lutut, pinggul, dan tulang belakang. Gejala umum osteoarthritis meliputi nyeri sendi, kekakuan, pembengkakan, dan terbatasnya gerak. Faktor risiko meliputi penuaan, obesitas, cedera sendi, dan genetik. Osteoarthritis dapat menyebabkan penurunan kualitas hidup yang signifikan akibat nyeri kronis dan terbatasnya aktivitas. Penelitian ini untuk mengetahui adanya pengaruh kombinasi *hold relax exercise* dan *active resisted exercise* terhadap aktivitas fungsional pada *osteoarthritis knee*.

Metode: Penelitian ini menggunakan metode eksperimen dengan menggunakan pendekatan quasi experimental study dalam one group pretest post-test design. Metode pengambilan sampel yang diterapkan dengan metode *Accidental Sampling*, sebanyak 20 responden osteoarthritis knee di RSUD Kajej kabupaten Pekalongan. Uji normalitas data pada penelitian ini menggunakan uji Shapiro Wilk, dan menggunakan uji simple paired t-test

Hasil: Hasil uji simple paired t-test didapatkan nilai p value (sig.(2-tailed)) adalah ($0,000 < 0,05$), sehingga H_0 ditolak, yang berarti ada pengaruh intervensi *hold relax exercise* dan *active resisted exercise* terhadap aktivitas fungsional pada pasien OA Knee di RSUD Kajej Kabupaten Pekalongan.

Diskusi: Terdapat pengaruh yang signifikan setelah diberikan intervensi berupa *hold relax exercise* dan *active resisted exercise* terhadap aktivitas fungsional pada pasien OA Knee di RSUD Kajej Kabupaten Pekalongan. diharapkan bagi penderita osteoarthritis melakukan latihan kombinasi *hold-relax exercise* dan *active resisted exercise* sangat bermanfaat. Latihan ini dapat meningkatkan kekuatan otot, fleksibilitas sendi, dan mengurangi nyeri.

Kata Kunci: OA Knee, lansia, aktivitas fungsional

Daftar Pustaka: 39 (2015-2023)

ABSTRACT

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The Effect of Combination of Hold Relax and Active Resisted Exercise on Functional Activities in Osteoarthritis Knee Patients at Kajen Hospital, Pekalongan Regency

Introductions: Osteoarthritis is a degenerative condition characterized by damage to the protective layer of joint cartilage that allows smooth joint movement. This condition most often occurs in joints that frequently bear stress such as the knees, hips, and spine. Common symptoms of osteoarthritis include joint pain, stiffness, swelling, and limited movement. Risk factors include aging, obesity, joint injuries, and genetics. Osteoarthritis can cause a significant reduction in quality of life due to chronic pain and limited activity. The study was to determine the effect of combination of hold relax exercise and active resisted exercise on functional activities in Osteoarthritis Knee Patients.

Method: the study applied experimental one by quasi experimental one approach in one group pretest post-test design. There were twenty respondents with osteoarthritis knee in Kajen Hospital, Pekalongan Regency selected by accidental sampling method. Furthermore, the data normality test in this study used the Shapiro Wilk test, and used simple paired t-test.

Result: the result of simple paired t-test, it obtained p value (sig.(2-tailed)) was (0,000 < 0,05), so H₀ was rejected, which means there were intervention effect of hold relax exercise and active resisted exercise on functional activity in patient with OA Knee at Kajen Hospital, Pekalongan Regency.

Discusion: there is a significant effect after providing intervention of hold relax exercise and active resisted exercise on functional activity in patient with OA Knee at Kajen Hospital, Pekalongan Regency. Therefore, it is expected that OA sufferer have to do combination exercises of hold relax exercise and active resisted exercise so that it can increase muscle strength, joint flexibility, and reduce pain.

Keywords: *OA Knee, the elderly, functional activity*

References: 39 (2015-2023)