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| <i>THE INFLUENCE OF SENTUL EXERCISE ON THE LEVEL OF JOINT PAIN IN MTA KEDAWUNG 4 SRAGEN DISTRICT</i> | |
| <i>ABSTRACT</i> | |
| <p><i>Background:</i> In 2013 around the world the number of erderly was estimated at 500 million with an average age of 60 years and it was estimated that by 2025 it would reach 1,2 billion. Diseases that often occur in the elderly one of which is a joint disorder such as arthritis. <i>Objective:</i> Know the effect of sentul exercise on the level of joint pain in MTA Kedawung 4 Sragen Regency. <i>Methods:</i> The research design in this study was pre experiment design with one group pre post test design. The sample of this research is 25 respondents with total sampling technique. <i>Results:</i> The results of this study obtained from 25 respondents with joint pain scale values before being given sentul gymnastic treatment showed an average value of 3.08 and the value of the self pain scale after being given sentul gymnastic treatment shows an average value of 1.76. The results of the paired t test showed a p value of 0.000 so that $p \text{ value} < 0.05$ said that H_0: rejected means that there was a significant effect of sentul gymnastics on the level of joint pain in MTA Kedawung 4 Sragen Regency. <i>Conclusion:</i> Before doing research joint pain levels showed an average value of 3,08. After doing research on the level of joint pain showed an average value of 1,76. So there is a difference in the average joint pain scale before and after sentul exercises in MTA Kedawung 4 Sragen regency.</p> | |
| <i>Keywords:</i> Sentul gymnastics, joint pain levels. | |