

# Efforts To Increase Knowledge Of *Back Massage* To Reduce *Rheumatoid Arthritis* Pain Intensity For The Elderly Using Video Media

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## SUMMARY

**Background:** *Rheumatoid arthritis* is a chronic systemic inflammatory disease characterized by joint damage, stiffness and deformities. *Rheumatoid arthritis* also has symptoms, namely pain in the joints. The prevalence of rheumatoid arthritis based on the diagnosis of health workers in Indonesia is 11.9% while based on symptoms is 24.7%. *Rheumatoid arthritis* usually attacks the elderly because of the factors of aging. One of the treatments to reduce joint pain due to rheumatoid arthritis is *back massage*. According to research, the results of measuring the pain scale before doing *back massage* therapy can be concluded from the 30 respondents who were studied before being given *back massage* therapy the average pain scale was 4.97 and after being given *back massage* therapy with an average pain scale was 3.27. *Back massage* can be done for 1 x 30 minutes a day. **Methods:** By using the video media entitled "Efforts to Increase Knowledge about *Back Massage* to Reduce the Intensity of Rheumatic Pain in the Elderly" was chosen as a medium of communication in providing health information to the elderly. **Result :** The resulting project is a video media as a medium for educating the elderly in an effort to reduce pain by applying *back massage* therapy. **Conclusion:** The video entitled "Efforts to Increase Knowledge about *Back Massage* to Reduce the Intensity of Rheumatic Pain in the Elderly" was created in order to increase knowledge and motivate elderly people who experience pain to be able to apply *back massage* therapy as an effort to reduce pain.

**Keywords:** *Rheumatoid arthritis, Elderly, Back massage.*