

**BACK MASSAGE THERAPY AGAINST DECREASE  
INTENSITY OF PAIN IN THE ELDERLY  
WITH RHEUMATISM THROUGH  
VIDEO**

Siti Fatimah  
[sitifatihmah190600@gmail.com](mailto:sitifatihmah190600@gmail.com)  
Universitas 'Aisyiyah Surakarta

**SUMMARY**

**Background;** *Elderly people are residents of the age group 60 years and above, the projection of elderly people in 2020 in the world is 13.5%, in Asia by 13.1%, in Indonesia by 9.7%, in Central Java by 13.8% and in Sukoharjo district by 14.17%. With age, the higher the risk of joint disease occurs especially in the elderly, one of which is rheumatism. Rheumatism is a non-bacterial inflammatory disease that is systemic and attacks joints and connective tissues, the number of rheumatic events in the world reaches 355 million people and in Indonesia is projected at 7.30% and in Central Java by 6.78%. This chronic disease causes pain relief disorders. One of the non-pharmacological therapies to reduce the intensity of pain is back massage therapy. **Methods;** The importance of information on non-pharmacological techniques to reduce the intensity of rheumatic pain for the elderly and families of the elderly is educated in the form of video containing information and techniques of back massage therapy. **Results;** The resulting out result is a video education titled "Overcoming Rheumatic Pain in Healthy Seniors with Back Massage". **Conclusions;** Back massage therapy is able to reduce the intensity of rheumatic pain in the elderly, externally with this video can be used as a source of information and educational so that the elderly and families of the elderly can practice independently.*

**Keywords:** *Rheumatic, Elderly, Pain, Back Massage, Video*