

APPLICATION OF BACK MASSAGE THERAPY TO THE INTENSITY OF RHEUMATIC PAIN IN THE ELDERLY

Alya Putri Prasetyaningsih¹, Anjar Nurrohmah²

alyaputri1102002@gmail.com

Diploma III Nursing Study Program

‘Aisyiyah Surakarta University

ABSTRACT

Background: Elderly is the final stage of development; someone is said to be elderly when they are 60 years old or more. One of the diseases that often attacks the elderly is joint disease or Rheumatoid Arthritis (RA). One of the non-pharmacological therapies given to rheumatoid arthritis sufferers is back massage therapy. Back Massage is a technique for giving massage action on the back with gentle strokes, which gives a feeling of comfort and relaxation to the body. ***Objective:*** To figure out the results of changes from the application of back massage therapy to reducing pain intensity in the elderly. ***Methods:*** This study uses a descriptive research design with a case study approach with 2 respondents in Kepoh Village, Sambu, Boyolali who had Rheumatoid Arthritis (RA), carried out once a day for 3 consecutive days for 15 minutes. ***Result:*** There was a decrease in the intensity of rheumatic pain after giving therapy to Mrs. N from a pain scale of 6 to a pain scale of 3 and to Mrs. S from a pain scale of 5 to a pain scale of 3. ***Conclusion:*** The application shows that after back massage therapy, there is a change in pain intensity in both respondents.

Keywords: Elderly, Rheumatism, Back Massage.