

**PENGARUH SENAM ERGONOMIS TERHADAP TINGKAT
KADAR ASAM URAT PADA LANSIA DI POSYANDU LANSIA
KEC.LAWEYAN SURAKARTA**

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Intisari

Latar Belakang : Banyaknya kasus Asam Urat yang terjadi pada lanjut usia dikarenakan seiring bertambahnya usia sehingga rentan terkena asam urat pada usia lanjut, sehingga para lansia akan terganggu aktifitasnya diakibatkan rasa nyeri sendi yang dialami oleh para lansia terkhusus para lansia yang berada di posyandu lansia kec.laweyan Surakarta.

Tujuan : Untuk mengetahui pengaruh senam ergonomis terhadap penurunan kadar asam urat.

Metode : Desain penelitian yang digunakan adalah *Quasi Eksperimen one group pretest-posttest*. Sampel dalam penelitian ini adalah posyandu lansia kec.Laweyan Surakarta yang berjumlah 20 responden. Analisis data dilakukan dengan uji *paired sample t-test*. Pemilihan sampel dilakukan dengan cara *non probability sampling* jenis *purposive sampling*.

Hasil : Hasil kelompok intervensi didapatkan p-value 0.001 atau $p < 0.05$ yang berarti ada pengaruh yang signifikan sebelum dan sesudah pemberian senam ergonomis

Simpulan : Senam ergonomis berpengaruh terhadap penurunan kadar asam urat dalam darah pada lanjut usia di posyandu lansia kec.Laweyan Surakarta. Dengan demikian, diharapkan bahwa masyarakat khususnya para penderita asam urat sebaiknya melakukan senam ergonomis secara mandiri dan teratur, selain itu perlu juga pengaturan pola hidup sehat demi mencegah komplikasi yang lebih berat.

Kata kunci : Asam Urat, Lanjut Usia, Senam Ergonomis.

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ABSTRACT

THE EFFECT OF ERGONOMIC EXERCISE IN REDUCING OF URIC ACID LEVELS IN ELDERLY AT POSYANDU LANSIA OF LAWEYAN SURAKARTA

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Background: There are number of uric acid cases in the elderly. It is due to increasing the age so they are susceptible of uric acid. Thus, the elderly will be disrupted their activity due to pain experienced by elderly in Posyandu lansia of Laweyan Surakarta.

Objective: To determine the effect of ergonomic exercise in decreasing uric acid levels.

Method: The research design used Quasi Experiment one group pretest-posttest. The sample in this study is the elderly in Posyandu lansia of Laweyan Surakarta with 20 respondents. Data analysis was performed by paired sample t-test. The sample selection implemented non probability sampling from purposive sampling.

Results: The results of the intervention group obtained a p-value of 0.001 or p < 0.05. It means that there is a significant influence before and after giving ergonomic exercises

Conclusion: Ergonomic exercises affect in decreasing of uric acid levels in elderly at Posyandu lansia of Laweyan Surakarta. Thus, it is expected that the patients with uric acid should do ergonomic exercises independently and regularly. Besides, it is also necessary to regulate a healthy lifestyle to prevent the complications.

Keywords: Uric Acid, Elderly, Ergonomic Exercises

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