

ABSTRAK

HUBUNGAN KOPING RELIGIUS DENGAN *SELFCARE* DAN NYERI PENDERITA ARTHRITIS

Adithia Cahyani¹, Annas Sumeru², Agis Taufik³

Latar belakang: Koping religius merupakan upaya penyelesaian masalah menggunakan pendekatan keagamaan salah satunya dengan doa. Penggunaan doa untuk masalah kesehatan mengalami peningkatan. Nyeri sendi merupakan masalah kesehatan yang paling sering dirasakan oleh penderita arthritis karena adanya peradangan sendi. Nyeri sendi mengakibatkan penurunan kemampuan muskuloskeletal yang berdampak pada *selfcare*. Tujuan penelitian ini untuk mengetahui hubungan koping religius dengan *selfcare* dan nyeri penderita arthritis.

Metodologi: Penelitian ini menggunakan pendekatan *cross sectional* menggunakan total sampling dengan jumlah 78 penderita arthritis. Instrumen penelitian menggunakan kuesioner. Uji analisis menggunakan uji korelasi *Rank Spearman*.

Hasil penelitian: Hasil penelitian ini meliputi data demografi diantaranya usia, jenis kelamin, dan pendidikan. Hasil analisis univariat variabel koping religius positif dengan nilai median sebesar 21 dengan rentang nilai minimum dan maksimum 13-28. Koping religius negatif dengan nilai median sebesar 19 dengan rentang nilai minimum dan maksimum 12-27. Variabel *selfcare* dengan kategori baik 85% dan kurang 15%. Variabel nyeri dengan kategori nyeri ringan 91,7%, nyeri sedang 3,3%, dan nyeri berat 5%. Uji korelasi menunjukkan adanya hubungan yang signifikan dengan nilai $p = 0,031$ dan $p = 0,046$.

Kesimpulan: Terdapat hubungan yang signifikan antara koping religius dengan *selfcare* dan nyeri penderita arthritis.

Kata kunci: Arthritis, koping religius, Nyeri, *Selfcare*

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ABSTRACT

THE RELATIONSHIP OF RELIGIOUS COPING WITH SELF-CARE AND PAIN OF ARTHRITIS PATIENTS

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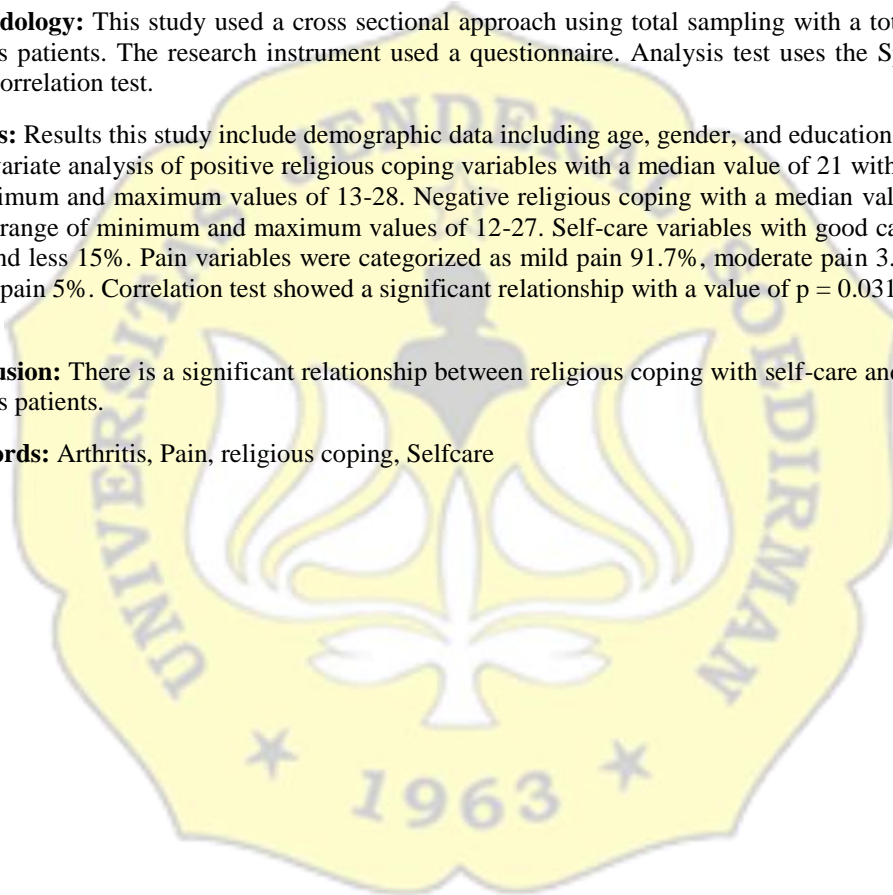
Background: Religious coping is an effort to solve problems using a religious approach, one of which is prayer. The use of prayer for health problems has increased. Joint pain is health problem that is most often felt by arthritis sufferers due to joint inflammation. Joint pain results in a decrease in musculoskeletal ability which has an impact on self-care. The purpose of this study was to determine the relationship between religious coping with self-care and pain in arthritis sufferers.

Methodology: This study used a cross sectional approach using total sampling with a total of 78 arthritis patients. The research instrument used a questionnaire. Analysis test uses the Spearman Rank correlation test.

Results: Results this study include demographic data including age, gender, and education. Results of univariate analysis of positive religious coping variables with a median value of 21 with a range of minimum and maximum values of 13-28. Negative religious coping with a median value of 19 with a range of minimum and maximum values of 12-27. Self-care variables with good categories 85% and less 15%. Pain variables were categorized as mild pain 91.7%, moderate pain 3.3%, and severe pain 5%. Correlation test showed a significant relationship with a value of $p = 0.031$ and $p = 0.046$.

Conclusion: There is a significant relationship between religious coping with self-care and pain in arthritis patients.

Keywords: Arthritis, Pain, religious coping, Selfcare



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