

ABSTRAK

EFEKTIVITAS PENGGUNAAN PISTOL PIJAT H2 DALAM MENURUNKAN TINGKAT NYERI PADA PASIEN *OSTEOARTHRITIS* DI POLIKLINIK ORTHOPAEDI RSD GUNUNG JATI KOTA CIREBON

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Latar Belakang: *Osteoarthritis* adalah penyakit sendi degeneratif dengan angka kejadian yang terus meningkat. Keluhan nyeri kronis pada *osteoarthritis* dapat mengganggu aktivitas dan menurunkan kualitas hidup. Terapi pistol pijat H2 membantu mengurangi nyeri serta meningkatkan kualitas hidup.

Tujuan: Menganalisis efektivitas penggunaan pistol pijat H2 dalam menurunkan tingkat nyeri pada pasien *osteoarthritis*.

Metode Penelitian: Tahap I melibatkan pengembangan product melalui model ADDIE, uji pakar dan uji kelayakan hingga menghasilkan pistol pijat H2 yang valid dan reliabel. Tahap II melibatkan 60 pasien *osteoarthritis* yang terpilih melalui purposive sampling dan di bagi (n=30) kelompok intervensi diberikan terapi pistol pijat H2 dan (n=30) kelompok kontrol yang diberikan terapi standar. Nilai Instrumen CVI 1,00 dan nilai Cronbach's Alpha 0,806. Analisis data menggunakan Friedman dan Mann Whitney.

Hasil: Pada tahap I, pistol pijat H2 dinyatakan valid dan reliabel berdasarkan penilaian ahli dan uji pengguna. Pada tahap II, kelompok intervensi menunjukkan penurunan nyeri yang signifikan dimana kelompok intervensi sebelumnya reratanya 4,33 Setelah intervensi, 2,23 nyeri reratanya menurun 2,1. Kelompok kontrol sebelumnya reratanya 4,20 Setelah terapi standar 2,67, nyeri reratanya menurun menjadi 1,6

Kesimpulan: Pistol Pijat H2 terbukti efektif menurunkan tingkat nyeri pada pasien *osteoarthritis* sebagai alternatif terapi non farmologi di rumah untuk meningkatkan kualitas hidup penderitanya.

Kata Kunci: Pistol pijat H2, Nyeri, *Osteoarthritis*.

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ABSTRACT

THE EFFECTIVENESS OF USING THE H2 MASSAGE GUN IN REDUCING PAIN LEVELS IN OSTEOPAEDIC PATIENTS AT THE ORTHOPAEDIC POLYCLINIC OF GUNUNG JATI HOSPITAL CIREBON CITY

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Background: Osteoarthritis is a degenerative joint disease with a rising incidence. Chronic pain from osteoarthritis can disrupt activities and reduce quality of life. H2 massage gun therapy helps reduce pain and improve quality of life.

Objective: To analyze the effectiveness of using the H2 massage gun in reducing pain levels in osteoarthritis patients.

Methods: Research Phase I involved product development through the ADDIE model, expert testing, and feasibility testing to produce a valid and reliable H2 massage gun. Phase II involved 60 osteoarthritis patients selected through purposive sampling and divided into (n = 30) intervention groups given H2 massage gun therapy and (n = 30) control groups given standard therapy. The CVI Instrument value was 1.00 and the Cronbach's Alpha value was 0.806. Data analysis used Friedman, and Mann Whitney.

Results: In phase I, the H2 massage gun was declared valid and reliable based on expert assessment and user testing. In phase II, the intervention group showed a significant reduction in pain where the previous intervention group had an average of 4,33. After the intervention, the average pain decreased by 2,23 the average pain score decreased to 2,1. The control group's previous average pain score was 4,20. After standard therapy, the average pain score decreased to 2,6, the average pain score decreased to 1,6.

Conclusion: The H2 Massage Gun has been proven effective in reducing pain levels in osteoarthritis patients as an alternative non-pharmacological home therapy to improve their quality of life.

Keywords: H2 Massage Gun, Pain, Osteoarthritis.

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