

## ABSTRAK

### TERAPI RENDAM AIR GARAM UNTUK MENURUNKAN KADAR ASAM URAT PADA LANSIA DI DESA KARANGANYAR

Oleh : Ahmad Warid Husaini

Penyakit asam urat di sebut arthritis gout termasuk degeneratif yang menyerang persendian, paling sering di jumpai di kalangan masyarakat terutama di alami oleh lansia. Serangan asam urat pertama terjadi pada satu bagian sendi dan serangan akan cepat menghilang dan serangan akan cepat kembali. Adanya masalah tersebut bisa dilakukan rendam air garam untuk menurunkan tingkat nyeri pada asam urat.

Tujuan penelitian ini, Adalah untuk mengidentifikasi terapi rendam air garam untuk menurunkan kadar asam urat lansia di Desa Karanganyar. Desain penelitian ini menggunakan pra eksperimen yaitu untuk mengungkapkan suatu hubungan sebab akibat dengan cara melibatkan suatu kelompok objek.

Masalah yang diteliti dalam penelitian ini bagaimana pengaruh terapi rendam air garam untuk menurunkan kadar asam urat pada lansia di desa karanganyar. Metode penelitian kuantitatif dengan analisa data dengan pendekatan uji t dan ditermina  $R^2$ .

Hasil penelitian menunjukkan sebagian 15 (50,00%) lansia di desa karanganyar sebelum terapi rendam air garam untuk menurunkan kadar asam urat. Sebagian besar 17 (56,67%) lansia di desa karanganyar asam urat nya sesudah di rendam pada air garam. Menggunakan uji t di peroleh nilai signifikan 0,00 bahwa terapi rendam air garam  $t_{hitung}$  16,858 dengan  $t_{tabel}$  2,042 dengan signifikan 0,00 yang berarti  $H_0$  ditolak dan  $H_1$  di terima. Sedangkan asam urat lansia  $t_{hitung}$  16,858 dengan  $t_{tabel}$  2,042 dengan signifikan 0,00 yang berarti  $H_0$  ditolak dan  $H_1$  di terima, pengaruh terapi rendam air garam terhadap kadar asam urat di desa karanganyar sebesar yang cukup 38,3% terapi rendam air garam terhadap asam urat lansia di desa karanganyar kecamatan kaliangit

Kata Kunci: Terapi Rendam Air Garam, Kadar Asam Urat Lansia

## **ABSTRAK**

### ***THERAPY TO SALT SALT TO REDUCE ACID LEVELS URAT IN ELDERLY IN KARANGANYAR VILLAGE***

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*Gout is called gout arthritis, including degenerative attacks on joints, most often found in the community, especially experienced by the elderly. The first gout attack occurs in one part of the joint and the attack will quickly disappear and the attack will quickly return. The existence of these problems can be done soaking salt water to reduce the level of pain in gout.*

*The purpose of this study, is to identify salt water soak therapy to reduce uric acid levels in the elderly in Karanganyar Village. The design of this study uses pre-experiments namely to reveal a causal relationship by involving a group of objects.*

*The problem examined in this paper is how the effect of salt water soak therapy to reduce uric acid levels in the elderly in karanganyar village. Quantitative research method by analyzing data with t-test approach and terminated  $R^2$*

*The results showed that some 15 (50.00%) of the elderly in the karanganyar village before the therapy soaked salt water to reduce uric acid levels. Most 17 (56.67%) of the elderly in the karanganyar village after gout were soaked in salt water. Using the t test obtained a value of 0.00 significance that the salt water soak treatment t counted 16,858 with t table 2.042 with a significant 0.00 which means  $H_0$  was rejected and  $H_1$  was received. Whereas elderly gout t counted 16,858 with t table 2.042 with a significant 0.00 which means that  $H_0$  was rejected and  $H_1$  was received, the effect of salt water soak treatment on uric acid levels in karanganyar village was as big as enough 38.3% therapeutic treatment of salt water to elderly gout in karanganyar village, kalianget district*

**Keywords:** Salt Water Bath Therapy, Elderly Uric Acid Levels