

ABSTRAK

**SELF MANAGEMENT LANSIA YANG MENGALAMI NYERI
RHEUMATOID ARTHRITIS DALAM PERSPEKTIF PENINGKATAN
KUALITAS HIDUP DI WILAYAH KERJA PUSKESMAS PANDIAN
SUMENEP**

Oleh: Aulia Putri Hendriyani

Rheumatoid arthritis yaitu masalah yang umum terjadi pada lansia dan dapat berdampak signifikan pada kualitas hidup. *Self management* merupakan upaya yang penting bagi lansia untuk mengatasi rasa nyeri sendi dan meningkatkan kualitas hidupnya. Tujuan penelitian untuk menjelaskan *self management* lansia yang mengalami nyeri *rheumatoid arthritis* dalam perspektif peningkatan kualitas hidup di wilayah kerja puskesmas pandian sumenep. Desain penelitian yang digunakan yaitu kualitatif dengan pendekatan fenomenologi. Di laksanakan di Wilayah Kerja Puskesmas Pandian pada bulan Maret 2024 sebanyak 3 informan lansia dan 3 informan kunci keluarga lansia. Teknik pengumpulan data menggunakan teknik wawancara mendalam. Analisis data yang digunakan yaitu analisis tematik. Penelitian ini menjawab tentang *self management* lansia yang mengalami nyeri *rheumatoid arthritis* dalam perspektif peningkatan kualitas hidup, lansia yang berpartisipasi dalam program *self management* mengatakan lebih sedikit nyeri dan kekakuan, serta peningkatan fungsi fisik dan kesejahteraan mental. Pembuktian ilmiah dalam pemecahan masalah *self management* merupakan pendekatan yang penting untuk meningkatkan kualitas hidup dengan *rheumatoid arthritis*. Mengatasi hambatan dan memfasilitasi *self management*, penyedia layanan kesehatan dapat membantu lansia untuk mengelola *rheumatoid arthritis* secara efektif dan menjalani hidup yang lebih baik. Dalam penelitian ini terdapat 4 tema yaitu: *self motivation, self organization, self control, self development*.

Kata Kunci: *Self Manajement, Lansia, Rheumatoid Arthritis*

ABSTRACT

***SELF-MANAGEMENT OF THE ELDERLY WHO EXPERIENCE
RHEUMATOID ARTHRITIS PAIN IN THE PERSPECTIVE OF
IMPROVING THE QUALITY OF LIFE IN THE PANDIAN SUMENEP
HEALTH CENTER***

By: Aulia Putri Hendriyani

Rheumatoid arthritis is a common problem in the elderly and can significantly impact quality of life. Self-management is an essential effort for the elderly to overcome joint pain and improve their quality of life. This study aims to explain the self-management of the elderly who experience rheumatoid arthritis pain from the perspective of improving the quality of life in the Pandian Sumenep Health Center. The research design was qualitative with a phenomenological approach. It would be carried out in the Pandian Health Center Work Area in March 2024 with as many as 3 elderly informants and 3 key informants for elderly families. The data collection technique used in-depth interview techniques. The data analysis was thematic analysis. This study proved the self-management of the elderly who experience rheumatoid arthritis pain in the perspective of improving the quality of life. The elderly who participated in the self-management program said they experienced less pain and stiffness, as well as improved physical function and mental well-being. Scientific evidence shows that solving self-management problems is an important approach to improving the quality of life of those with rheumatoid arthritis. By overcoming barriers and facilitating self-management, healthcare providers can help the elderly manage rheumatoid arthritis effectively and live a better life. In this study, there are 4 themes, namely self-motivation, self-organization, self-control, and self-development.

Keywords: Self-Management, Elderly, Rheumatoid Arthritis