

ABSTRAK



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EFEK PENAMBAHAN *TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION* TERHADAP INTERVENSI *ULTRASOUND* DAN *RESISTANCE BAND EXERCISES* DALAM PENURUNAN NYERI PADA LANSIA DENGAN *OSTEOARTHRITIS KNEE*

Terdiri VI Bab, 93 Halaman, 16 Tabel, 4 Gambar, 4 Skema, 10 Lampiran

Tujuan: Efek penambahan *transcutaneous electrical nerve stimulation* terhadap intervensi *ultrasound* dan *resistance band exercises* dalam penurunan nyeri pada lansia dengan osteoarthritis knee. **Metode:** Penelitian ini bersifat quasi *experimental* dengan desain penelitian berupa *pretest - posttest group design*. Penelitian ini merupakan penelitian kuantitatif yang bertujuan untuk mengetahui efek penambahan *transcutaneous electrical nerve stimulation* terhadap intervensi *ultrasound* dan *resistance band exercises* dalam penurunan nyeri pada lansia dengan osteoarthritis knee. Sampel dipilih menggunakan teknik *purposive sampling*. Sampel terdiri dari 16 lansia dengan nyeri akibat *osteoarthritis knee* di RSUD Prabumulih. **Hasil:** Uji korelasi dengan metode *t-test independent* pada kelompok kontrol dan perlakuan diperoleh beda rerata pengukuran VAS nyeri gerak dari dua perlakuan tersebut adalah $\text{mean} \pm \text{SD}$ sebesar $2,75 \pm 3,75$ dan $3,75 \pm 0,70$ nilai $p = 0,013$ dimana $p > 0,005$, hal ini berarti H_0 diterima. Sehingga dapat disimpulkan bahwa tidak ada perbedaan efek dalam penambahan *transcutaneous electrical nerve stimulation* terhadap intervensi *ultrasound* dan *resistance band exercises* dalam penurunan nyeri pada lansia dengan osteoarthritis knee. **Kesimpulan:** Tidak ada perbedaan penambahan *transcutaneous electrical nerve stimulation* pada intervensi *ultrasound* dan *resistance band exercises* dalam penurunan nyeri pada lansia dengan osteoarthritis knee dengan pengukuran VAS.

Kata Kunci: nyeri, *osteoarthritis transcutaneous electrical nerve stimulation*, *ultrasound* dan *resistance band exercises*.

ABSTRACT



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ADDITIONAL EFFECT OF *TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION* ON *ULTRASOUND* AND *RESISTANCE BAND INTERVENTIONS* IN REDUCING PAIN IN ELDERLY WITH *OSTEOARTHRITIS KNEE*

Consists VI Chapter, 93 Pages, 16 Tables, 4 Figures, 4 Schematics, 10 Attachments

Objective: The effect of adding transcutaneous electrical nerve stimulation to ultrasound intervention and resistance band exercises in reducing pain in the elderly with knee osteoarthritis. **Methods:** This research is a quasi-experimental study with a pretest-posttest group design. This research is a quantitative study that aims to determine the effect of adding transcutaneous electrical nerve stimulation to ultrasound intervention and resistance band exercises in reducing pain in the elderly with knee osteoarthritis. The sample was selected using a purposive sampling technique. The sample consisted of 16 elderly with knee osteoarthritis pain at Prabumulih Hospital. **Results:** Correlation test using the independent t-test method in the control and treatment groups obtained the mean difference in motion pain VAS measurements of the two treatments was mean \pm SD of $2.75 \pm 3,75$ and 3.75 ± 0.70 p value = 0.013 where $p > 0.005$, this means that H_0 is accepted. So it can be concluded that there is no difference in the effect of adding transcutaneous electrical nerve stimulation to ultrasound intervention and resistance band exercises in reducing pain in the elderly with knee osteoarthritis. **Conclusion:** There is no difference in the addition of transcutaneous electrical nerve stimulation to ultrasound intervention and resistance band exercises in reducing pain in the elderly with knee osteoarthritis by VAS measurements.

Keywords: pain, knee osteoarthritis, *transcutaneous electrical nerve stimulation*, *ultrasound*, and resistance band exercises.