

INTISARI

Latar Belakang : Penyakit persendian atau osteoarthritis merupakan penyakit yang sering dialami oleh lansia. Nyeri yang timbul dapat menurunkan mobilitas sendi dan kualitas hidup pasien. Berdasarkan masalah tersebut, diperlukan terapi baik farmakologis maupun non farmakologis. Untuk terapi non farmakologis salah satunya ialah senam seperti senam yoga atau meditasi dapat membantu meringankan keluhan nyeri serta hati dan pikiran yang tenang setelah berzikir (*pray*) untuk dapat menurunkan skala nyeri osteoarthritis pada lansia.

Tujuan penelitian : Untuk mengetahui pengaruh senam yoga dan dzikir terhadap penurunan skala nyeri osteoarthritis pada lansia.

Metode penelitian : Systematic review. Systematic review merupakan salah satu metode yang menggunakan review, telaah, evaluasi terstruktur, pengklasifikasian, dan pengkategorian dari evidence based-evidence based yang telah dihasilkan sebelumnya.

Hasil penelitian : Berdasarkan hasil pencarian pada *database* PubMed, *Google scholar* dan *UpToDate* menggunakan kata kunci yang sudah disesuaikan dengan MeSH dan *boolean operator* serta disesuaikan dengan kriteria inklusi dan eksklusi menjadi 11 literatur. Kesebelas artikel tersebut dilakukan telaah kritis. Hasil telaah kritis membuktikan kesebelas artikel cukup baik untuk digunakan dalam penelitian.

Kesimpulan : Senam yoga dan dzikir memiliki hubungan negatif atau korelasi negatif karena efektif dalam menurunkan nyeri lutut. Hal yang mendasari senam yoga mampu menurunkan skala nyeri lutut karena senam yoga sendiri merupakan salah satu bentuk latihan fleksibilitas dimana latihan fleksibilitas ditujukan untuk mengurangi kekakuan, meningkatkan mobilitas sendi, dan mencegah kontraktur jaringan lunak serta senam yoga mampu melancarkan sirkulasi darah keseluruhan tubuh. Kombinasi latihan fleksibilitas seperti senam yoga dan dzikir mampu memberikan dampak positif pada lansia yaitu menurunkan nyeri sendi serta memberikan rasa nyaman.

Kata kunci : Osteoarthritis, Lansia, Nyeri, Yoga, Dzikir

ABSTRACT

Background : Joint disease or osteoarthritis is a disease that is often experienced by the elderly. Pain that arises can reduce joint mobility and quality of life of patients. Based on these problems, the necessary therapy is both pharmacological and non-pharmacological. For non-pharmacological therapies, one of which is exercise such as yoga or meditation that can help overcome pain complaints and a calm heart and mind after dhikr (remembrance) to reduce the scale of osteoarthritis pain in the elderly.

The purpose of the study : To determine the effect of yoga and dhikr on decreasing the osteoarthritis scale in the elderly.

Methods : Systematic review. Systematic review is one method that uses reviews, studies, structured evaluations, classifications, and categorizations of evidence-based evidence that has been produced previously.

Results : Based on the search results on the PubMed database, Google Scholar and UpToDate using keywords that have been adjusted to MeSH and the boolean operator and adjusted to the inclusion and exclusion criteria into 11 literatures. The eleven articles were critically reviewed. The results were critically reviewed to prove the eleven articles were good enough to be used in research.

Conclusion : Yoga and dhikr have a negative relationship or a negative correlation because they are effective in reducing knee pain. The thing that can make yoga exercise can reduce knee pain is because yoga exercise itself is a form of exercise where flexible exercise is aimed at reducing stiffness, increasing mobility, and preventing soft tissue contractures and yoga exercise can increase blood circulation throughout the body. The combination of flexibility exercises such as yoga and dhikr can have a positive impact on the elderly, namely reducing joint pain and providing a sense of comfort.