

PENGARUH MINYAK CENGKEH TERHADAP TINGKAT NYERI KAKI PASIEN DIABETES MELLITUS TIPE 2 DI WILAYAH KERJA PUSKESMAS I DENPASAR UTARA

The Impact of Clove Oil To the Level of Foot Pain in Diabetes Mellitus Type 2 Patients at Work Area of Puskesmas I North Denpasar

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ABSTRAK

Salah satu komplikasi diabetes mellitus karena gangguan sirkulasi adalah nyeri kaki. Nyeri kaki sejalan dengan bertambahnya usia dan pasokan darah ke kaki semakin jelek. Tindakan menghilangkan nyeri secara non farmakologi yaitu dengan terapi minyak cengkeh. Hasil studi pendahuluan terhadap 10 orang penderita DM tipe 2 semuanya mengalami keluhan nyeri pada kaki dengan klasifikasi nyeri ringan sebanyak 60%, nyeri sedang sebanyak 40%. Penelitian ini bertujuan untuk mengetahui pengaruh minyak cengkeh terhadap tingkat nyeri kaki pada pasien diabetes mellitus tipe 2. Jenis penelitian *quasi eksperiment* dengan rancangan *pre test-post test with control group design*, menggunakan teknik *consecutive sampling*. Jumlah sampel sebanyak 30 orang dibagi menjadi kelompok perlakuan dan kontrol. Hasil penelitian pada kelompok perlakuan rata-rata intensitas nyeri *pre test* 5.60 termasuk nyeri sedang, saat *post test* menjadi 3.00 termasuk nyeri ringan. Hasil penelitian pada kelompok kontrol rata-rata intensitas nyeri *pre test* 5.47 termasuk nyeri sedang, saat *post test* menjadi 5.80 termasuk nyeri sedang. Hasil uji *paired t test* didapatkan nilai $p\text{ value} = 0,000 < \alpha 0,05$ pada kelompok perlakuan dan nilai $p\text{ value} = 0,096 > \alpha 0,05$ pada kelompok kontrol. Hasil uji *Independen T test* didapatkan nilai $p\text{ value} = 0,000 < 0,05$ menunjukkan adanya pengaruh yang signifikan pemberian minyak cengkeh terhadap tingkat nyeri kaki pada pasien diabetes mellitus tipe. Disarankan agar klien dapat menggunakan minyak cengkeh sewaktu-waktu jika nyeri muncul.

Kata kunci : Minyak Cengkeh, Nyeri Kaki, DM Tipe 2

ABSTRACT

One of the complications of Diabetes Mellitus due to the disturbance of blood circulation is foot pain. The foot pain along with the increasing of age causes blood supply to the feet is getting worse. The action to cure the pain by non-pharmacological means that is by clove oil therapy. The result of preliminary study to 10 DM type 2 patients all were suffering of pain complaint on foot with the classification of mild pain at 60%, moderate pain at 40%. The research aimed to find out the impact of clove oil towards the level of foot pain in diabetes mellitus type 2 patients. The type of research was quasi experiment with pre-test – post-test with control group design, used consecutive sampling technique. The samples were 30 persons divided into treatment and control group. The result of research of treatment group for pre-test pain intensity in average was 5.60 including moderate pain, in the post-test became 3.00 including mild pain. The result of research of control group for pre-test pain intensity in average was 5.47 including moderate pain, in the post-test became 5.80 including moderate pain. The result of paired T-test result obtained $p\text{ value} = 0,000 < \alpha 0,05$ of treatment group and $p\text{ value} = 0,096 > \alpha 0,05$ of control group. The result of Independent T-test result obtained $p\text{ value} = 0,000 < 0,05$ showed that there was the significant impact of clove oil administration toward the level of foot pain on diabetes mellitus type 2 patients. It is suggested that the clients can use clove oil at any time if the pain arises.

Key words: Clove Oil, Foot Pain, DM Type 2

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