

ABSTRACT

Overview of Pain Intensity and Self-Care Management in Elderly with Osteoarthritis in Angantaka Village

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Introduction: Osteoarthritis (OA) is a degenerative joint disease that is often experienced by the elderly. This condition causes pain, stiffness, and decreased quality of life. This study aims to determine the description of pain intensity and self-care management strategies carried out by elderly people with osteoarthritis in Angantaka Village. **Research Methods:** The sample in this study was 83 elderly people, the sampling technique used was purposive sampling. The data collection instruments used were pain scale questionnaires and self-care management. **Research results:** the results of this study show that the characteristics of respondents are mostly aged 60-64 years, with gender (36.14%) male as many as 30 respondents, based on occupation farmers (24.1%) as many as 20 respondents, based on the level of pain scale with a scale of 4-6 (45.78%) as many as 38 respondents, with a description of aching pain (66.3%) as many as 55 respondents, based on the quality of recurring pain (71.1%) as many as 59 respondents, based on the location of persistent pain (73.5%) as many as 61 respondents, based on self-care management the elderly cope with pain well (54.2%) as many as 45 respondents. **Conclusion:** This study shows that most elderly with osteoarthritis in Angantaka Village experience pain with moderate to severe intensity and have not fully implemented effective self-care management strategies. Further education and increased support from health workers are needed to optimize pain management in the elderly.

Keywords: Osteoarthritis, Pain Intensity, Self-Care Management.