



JIKN

Jurnal Inovasi Karya Nyata

Volume 2 Issue 1, 2026 (1-4)

ISSN (*online*) : 3109-2187

Homepage : <https://jurnalunived.com/index.php/JIKN>

Community Empowerment Through Education on Ginger Compresses in Reducing Rheumatoid Arthritis Pain

Yosril Bahendra¹, Eka Tulhikma², Yosi Oktavia³, Riza Umami⁴

Aprilia Suryadi⁵, Ice Febriantami⁶, Murwati⁷

^{1,2,3,4,5,6,7} Universitas Dehasen Bengkulu, Indonesia

e-mail : ¹abongyosril129@gmail.com

Received [06-01-2026]

Revised [15-06-2026]

Accepted [18-06-2026]

Abstract. Rheumatism is a common health problem among the elderly, characterized by joint pain, stiffness, and limited mobility. This condition can disrupt daily activities and reduce quality of life. To increase public awareness of rheumatism management, a community service program (KKN-T) program, including a ginger compress, was conducted in Hamlet 3, Sumber Sari Village, as part of the Community Service Program (KKN-T) program at the Faculty of Health Sciences. Twenty-five participants, the majority of whom were elderly, attended the program. The training covered the definition of rheumatism, its signs and symptoms, causes, and the benefits of ginger compresses as a non-pharmacological therapy. Demonstrations on how to make and apply ginger compresses were conducted in person to ensure proper practice. The results of the program demonstrated an increase in participants' understanding of rheumatism and its management. Participants were also able to try ginger compresses directly and experience the benefits of the warm sensation that helps reduce joint tension and pain. Ginger compress therapy is considered easy, safe, and effective as a supportive measure in reducing rheumatic pain in the elderly.

Keywords: Rheumatism, Ginger Compress, Elderly, Complementary Therapy.

INTRODUCTION

Rheumatoid arthritis (RA) is an autoimmune condition characterized by long-term joint inflammation, which can result in severe pain, stiffness, and limited mobility. According to the World Health Organization (WHO), RA affects millions of individuals worldwide, and its prevalence tends to increase with age. Pain management in RA patients presents a significant challenge in clinical practice, necessitating effective approaches to improve patients' quality of life (Kirani et al., 2025).

While rheumatoid arthritis is not fatal, it can lead to medical (pain), psychological (anxiety due to pain, insomnia, and restlessness), economic (reduced family income due to side effects of the disease and the use of synthetic drugs), and social problems. Rheumatoid arthritis management, especially in patients over 40 years of age, is crucial for improving public health (Fitriana et al., 2021).

According to WHO data from 2025, approximately 18 million people worldwide live with rheumatoid arthritis, with 70% of sufferers being women and more than 55% over the age of 55. Meanwhile, the degenerative form of rheumatism, osteoarthritis, affects approximately 528 million people globally, with 73% of sufferers being over the age of 55 and approximately 60% being women. Its prevalence has increased by more than 113% since 1990, making rheumatic diseases one of the leading causes of chronic pain and disability worldwide.

Treatment for rheumatic patients generally aims to relieve inflammatory symptoms such as pain and swelling, prevent tissue damage and disability, maintain joint function, and correct organ dysfunction. There are various actions a nurse can take to reduce pain. These actions include pharmacological and non-pharmacological measures. Pharmacological treatments for rheumatism include non-steroidal anti-inflammatory drugs (NSAIDs), corticosteroids, disease-modifying antirheumatic drugs (DMARDs), immunosuppressive drugs, and antioxidant supplements. Although these analgesic drugs are easy to administer and readily available, long-term use to relieve chronic rheumatic pain can have adverse effects on other organs, such as the kidneys and heart. Therefore, several non-pharmacological alternatives for pain management have emerged (Ratnawati et al. 2020).

One proven effective non-pharmacological pain relief measure is warming the affected joints. Ginger compresses can reduce rheumatoid arthritis pain. Ginger compresses are also a traditional or alternative therapy for relieving rheumatoid arthritis pain. Ginger contains the enzyme cyclooxygenase, which can reduce inflammation in rheumatoid arthritis sufferers. Ginger also has pharmacological effects, including a hot and spicy taste. This heat can relieve pain, stiffness, and muscle spasms, or cause vasodilation. Maximum benefits are achieved within 15 minutes of heat application (Fatmawati, 2021).

The use of ginger compresses to treat rheumatoid arthritis pain has been widely practiced, and research studies in various published articles have shown a significant effect in reducing pain intensity. The analgesic and anti-inflammatory properties of ginger are believed to contribute positively to pain relief, especially joint pain. However, there are still several aspects of the use of red ginger compresses that need to be fully investigated to ensure their effectiveness in treating pain, such as the duration of the compress, the amount of ginger content, and the method or technique used. This is the basis for researchers to conduct a study on the use of red ginger compresses and their effect on pain intensity in rheumatoid arthritis sufferers (Mujahidin, 2023).

RESEARCH METHODS

This community service activity was part of the Community Service Program (KKN-T) of the Faculty of Health Sciences, Dehasen University, Bengkulu. It took place on Thursday, November 27, 2025, at the homes of residents of Hamlet 3, Sumber Sari Village. Participants in the community health education program were residents who had participated in health check-ups in the area.

The student health education session began at 11:15 a.m. Western Indonesian Time (WIB). The students were assisted by cadres, clinical supervisors, and lecturers as mentors.

There were 25 participants, mostly elderly, and three participants of productive age. During the activity, the education team provided education using PowerPoint presentations, leaflets, and banners on rheumatism. They then demonstrated ginger compress therapy as a complementary approach to helping alleviate rheumatic symptoms.

The materials covered included the definition of rheumatism, its signs and symptoms, causes, prevention, benefits of ginger compresses, and the correct method for applying ginger compresses. The extension activity ended with a question and answer session and a short discussion with the participants to ensure the material could be understood well.



Figure 1. Providing Education About Rheumatism



Figure 2. Demonstration of Making Ginger Compress



Figure 3. Implementation of Ginger Compresses in the Elderly



Figure 4. Counseling with the Elderly

RESULTS AND DISCUSSION

A counseling session on complementary ginger compress therapy was conducted in Hamlet III, Sumber Sari Village, to help seniors independently reduce rheumatic pain. Initial assessments indicated that many seniors experience joint pain, stiffness, and aches due to daily physical activity and degenerative changes in old age. The counseling session included a lecture on rheumatism, its signs and symptoms, and the benefits of ginger compresses as a non-pharmacological therapy.

Following the presentation, students demonstrated how to make and apply a ginger compress. Warm ginger decoction was dipped in a clean cloth and applied to the painful joint. Participants tried this therapy and described a warm and comfortable sensation in their joints. This positive response indicates that the ginger compress is easy to apply and provides a relaxing effect.

Scientifically, ginger contains gingerol and shogaol, which have anti-inflammatory and analgesic properties. The heat from the compress increases blood circulation, reduces muscle spasms, and helps reduce pain. This therapy is safe, affordable, and effective, making it a potential alternative to relieve rheumatic symptoms in seniors.

CONCLUSION

The rheumatism outreach program and ginger compress complementary therapy demonstration in Hamlet III, Sumber Sari Village, went well and had a positive impact on the community, especially the elderly. The outreach successfully increased participants' knowledge about the causes, signs and symptoms, and risk factors of rheumatism. The ginger compress demonstration also helped participants understand how to apply it independently at home.

Ginger compresses have proven to be a safe, easy-to-do, and effective non-pharmacological therapy in helping reduce joint pain caused by rheumatism. The warm sensation of ginger provides relaxation, improves blood circulation, and reduces inflammation in the painful area. Through this activity, the community becomes more independent in managing joint pain without relying entirely on medication. Overall, this Community Service Program (KKN-T) activity provides benefits in the form of increased knowledge and practical skills for the Hamlet III community, and supports efforts to improve the quality of life for the elderly through the application of simple and safe complementary therapies.

REFERENCES

- WHO . (2025). *Global Report on Ageing and Health*. Geneva: World Health Organization
- Ratnawati & Fadli Husain (2020) .*Kompres Hangat Dan Kompres Jahe Terhadap Penurunan Skala Nyeri Pada Pasien Rematik*. Journal of Nursing Care.
- Mujahidin (2023). *Efektivitas kompres jahe merah terhadap nyeri sendi penderita reumathoid arthritis*. jurnal kesehatan dan pembangunan, vol. 13, no. 26, juli 2023.
- Kirani Putri Alam, Lilis Lisnawati. (2025). *Terapi kompres hangat air jahe pada pasien rheumatoid arthritis*. Public Health and Complementary Journal (PECAL), 1(1), 27–32.
- Fitriana, V., Pujiati, E., & Sari, I. (2021). *Penerapan kompres hangat jahe pada penderita rheumatoid arthritis: Studi literatur*. Jurnal Profesi Keperawatan, 8(2), 179–186.
- Ferawati, N. (2017). *Efektivitas kompres jahe merah hangat dan kompres serai terhadap penurunan intensitas nyeri arthritis rheumatoid pada lanjut usia*. Jurnal Ilmu Kesehatan MAKIA, 5(1), 1–8.
- Fatmawati, T. Y., & Ariyanto. (2021). *Efektivitas terapi kompres jahe dan kompres serai hangat untuk menurunkan intensitas nyeri arthritis rheumatoid pada lanjut usia*. Jurnal Akademika Baiturrahim Jambi, 10(1), 1–7.