

PENERAPAN TERAPI FOOT MASSAGE UNTUK MENURUNKAN DAN MENSTABILKAN TEKANAN DARAH PADA TN S DENGAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS SLEMAN

Aris Subekti ¹, Dewi Utari ², Eka Arifianti³

Email: arissubekti2812@gmail.com

INTISARI

Latar Belakang: Hipertensi merupakan masalah kesehatan utama di seluruh dunia yang perlu segera di atasi. Menurut organisasi kesehatan dunia tekanan darah tinggi mempengaruhi 22% populasi dunia dan 39% di Asia Tenggara. Hipertensi memerlukan perhatian khusus dan penanganan yang komprehensif, mulai dari tindakan preventif, promotif, kuratif, dan rehabilitatif.

Tujuan: Memberikan terapi foot massage kepada klien hipertensi di wilayah kerja puskesmas Sleman, untuk mengetahui perubahan tekanan darah sebelum dan setelah pemberian terapi

Metode: Penelitian ini menggunakan metode observasi-partisipatif dengan cara melakukan dan ikut serta dalam melakukan pelayanan kesehatan. Peneliti melakukan terapi foot massage pada salah satu klien dengan hipertensi di wilayah kerja puskesmas Sleman selama 3 kali pertemuan, dengan durasi tindakan selama 10 menit, kemudian klien dilakukan pemeriksaan tekanan darah 5 menit sebelum tindakan dan 5 menit sesudah tindakan.

Hasil: Dari penelitian ini di dapatkan bahwa rata-rata tekanan darah sebelum diberikan tindakan terapi adalah 148/87 mmHg kemudian rata-rata tekanan darah setelah diberikan terapi menjadi 129/81 mmHg. Dari hasil tersebut juga didapatkan rata rata penurunan adalah 18/10 mmHg.

Kesimpulan: Terapi foot massage merupakan terapi nonfarmakologi yang dapat digunakan untuk mengontrol dan menurunkan tekanan darah pada penderita hipertensi, selain menurunkan tekanan darah terapi foot massage juga dapat memperlancar darah, melemaskan otot-otot tubuh dan membuat tubuh menjadi rileks.

Kata Kunci: Foot Massage ,Hipertensi

¹ Mahasiswa Program Studi Profesi Ners Universitas Jendral Achmad Yani Yogyakarta

² Dosen Pembimbing Program Studi Profesi Ners Universitas Jendral Achmad Yani Yogyakarta

³ Perawat Pembimbing lahan praktik Puskesmas Sleman

APPLICATION OF FOOT MASSAGE THERAPY TO REDUCE AND STABILIZING BLOOD PRESSURE IN TN S WITH HYPERTENSION IN THE WORKING AREA OF THE SLEMAN HEALTH CENTER

Aris Subekti ¹, Dewi Utari ², Eka Arifianti³

Email: arissubekti2812@gmail.com

Abstract

Background: Hypertension is a major health problem worldwide that needs to be addressed immediately. According to the World Health Organization, high blood pressure affects 22% of the world's population and 39% in Southeast Asia. Hypertension requires special attention and comprehensive treatment, starting from preventive, promotive, curative and rehabilitative actions.

Objective: Providing foot massage therapy to hypertensive clients in the working area of the Sleman Health Center, to determine changes in blood pressure before and after giving therapy

Method: This research uses a participatory observation method by conducting and participating in providing health services. Researchers conducted foot massage therapy on a client with hypertension in the working area of the Sleman Health Center for 3 meetings, with a duration of action of 10 minutes, then the client was checked for blood pressure 5 minutes before the action and 5 minutes after the action.

Results: From this study it was found that the average blood pressure before being given therapy was 148/87 mmHg then the average blood pressure after being given therapy was 129/81 mmHg. From these results it was also found that the average decrease was 18/10 mmHg.

Conclusion: Foot massage therapy is a non-pharmacological therapy that can be used to control and reduce blood pressure in people with hypertension. In addition to lowering blood pressure, foot massage therapy can also improve blood circulation, relaxes the muscles of the body and relaxes the body.

Keywords: Foot Massage, Hypertension

¹ Student of the Nursing Professional Study Program, Jendral Achmad Yani University, Yogyakarta

² Advisory Lecturer in the Nursing Professional Study Program, Jendral Achmad Yani University, Yogyakarta

³ Supervising nurse at the Sleman Community Health Center