

PENGARUH INTERVENSI AREN (Aroma Terapi Lavender dan Rendam Kaki) TERHADAP TEKANAN DARAH PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS SAWAH LEBAR KOTA BENGKULU

Fenysha Utami¹, Anastasia Suci Sukmawati², Novita Nirmalasari³
Email: fenysha67@gmail.com

INTISARI

Latar Belakang: Hipertensi adalah keadaan dimana tekanan sistol dan diastol mengalami kenaikan yang melebihi batas normal. Untuk mengatasinya, diperlukan pengobatan farmakologis maupun non-farmakologis. Salah satu pengobatan non-farmakologis yang dianjurkan adalah intervensi aroma terapi lavender dan rendam kaki. Aroma terapi lavender dapat menurunkan rasa cemas, frekuensi jantung, stress, serta meningkatkan produksi hormon *melatonin* dan *serotonin*.

Tujuan Penelitian: Mengetahui pengaruh intervensi aroma terapi lavender dan rendam kaki pada penderita hipertensi di Puskesmas Sawah Lebar Kota Bengkulu.

Metode Penelitian: Metode penelitian *quasi eksperiment* melalui pendekatan *pre-test and post-test* pada 62 responden yang diambil menggunakan teknik *purposive sampling*. Eksperimen dilakukan dengan memberikan intervensi aroma terapi lavender dan rendam kaki pada penderita hipertensi selama 6 hari berturut-turut. Pengumpulan data dilakukan menggunakan kuesioner. Analisa data yang digunakan adalah uji *paired sampel t test*.

Hasil: Hasil *pre-test* pada kelompok kontrol yang tidak diberikan perlakuan, rata-rata tekanan darah sistolik dan diastolik yaitu 155,91/88 mmHg, sedangkan pada kelompok intervensi yaitu 165/91 mmHg. Sementara hasil *post-test* menunjukkan bahwa rerata tekanan darah pada kelompok kontrol yaitu 147/83 mmHg, sedangkan pada kelompok intervensi yaitu 137/85 mmHg.

Kesimpulan: Pemberian intervensi aroma terapi lavender dan rendam kaki berpengaruh terhadap tekanan darah pada penderita hipertensi di Puskesmas Sawah Lebar Kota Bengkulu.

Kata Kunci: aroma terapi lavender, rendam kaki, tekanan darah, hipertensi

THE EFFECT OF AREN INTERVENTION (Lavender Aroma Therapy and Foot Soak) ON BLOOD PRESSURE IN HYPERTENSION PATIENTS IN THE WORKING AREA OF THE SAWAH LEBAR HEALTH CENTER BENGKULU CITY

Fenysha Utami¹, Anastasia Suci Sukmawati², Novita Nirmalasari³
Email: fenysha67@gmail.com

ABSTRACT

Background: Hypertension is a condition in which systole and diastole pressure increases beyond normal limits. To overcome it, pharmacological and non-pharmacological treatments are needed. One of the recommended non-pharmacological treatments is lavender aroma therapy and foot bath intervention. Lavender aroma therapy can reduce anxiety, heart frequency, stress, and increase the production of melatonin and serotonin hormones.

Research Objective: To determine the effect of lavender aroma therapy and foot bath intervention on hypertension patients at the Sawah Lebar Health Center, Bengkulu City.

Research Methods: Quasi-experiment research method through pre-test and post-test approach on 62 respondents who were taken using purposive sampling technique. Experiments were carried out by providing interventions of lavender aroma therapy and foot soak to hypertensive patients for 6 consecutive days. Data collection was done using a questionnaire. Data analysis used was paired sample t test.

Results: The pre-test results in the control group that was not given treatment, the average systolic and diastolic blood pressure was 155.91/88 mmHg, while in the intervention group it was 165/91 mmHg. While the post-test results showed that the average blood pressure in the control group was 147/83 mmHg, while in the intervention group it was 137/85 mmHg.

Conclusion: The intervention of lavender aroma therapy and foot soak has an effect on blood pressure in hypertensive patients at the Sawah Lebar Health Center, Bengkulu City.

Keywords: lavender aroma therapy, foot soak, blood pressure, hypertension