

PENERAPAN AROMATERAPI LAVENDER UNTUK MENURUNKAN DAN MENSTABILKAN TEKANAN DARAH PADA NY. D DENGAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS GODEAN 1

Nur Annisa¹, Suwarno²

Email: annisanuur1999@gmail.com

A. INTISARI

Latar Belakang: Hipertensi merupakan masalah kesehatan utama di seluruh dunia yang perlu segera diatasi. Menurut organisasi kesehatan dunia, tekanan darah tinggi mempengaruhi 22 % populasi dunia dan 39 % di Asia Tenggara. Hampir di semua negara, sekitar 10-30% penduduk dewasa menderita hipertensi, dan sekitar 50-60% penduduk dewasa dianggap mayoritas, yang kesehatannya membaik bila tekanan darah terkontrol. Penanganan komprehensif untuk hipertensi termasuk pencegahan, promotif, kuratif, dan rehabilitatif.

Tujuan: Mengetahui adanya perubahan tekanan darah setelah diberikan relaksasi aromaterapi lavender terhadap penurunan tekanan darah pada penderita hipertensi.

Matode: dalam penelitian ini penulis menggunakan metode observasi partisipatif dimana mereka melaksanakan dan berpartisipasi dalam intervensi keperawatan. Data klien diperoleh dari puskesmas, dan penulis serta pelaksana mengunjungi rumah klien untuk melakukan pengkajian keperawatan yang dilakukan dalam tiga sesi untuk implementasi dan evaluasi.

Hasil: Tekanan darah Ny. D sebelum intervensi adalah 189/100 mmHg, dan setelah intervensi menjadi 185/92 mmHg, ada penurunan 4 angka pada tekanan sistole dan 8 angka pada tekanan diastole. Pada hari kedua, tekanan darah Ny. D sebelum intervensi adalah 190/110 mmHg, dan setelah intervensi menjadi 183/106 mmHg, ada penurunan 7 angka pada tekanan sistole dan 4 angka pada tekanan diastole. Tekanan darah Ny. D sebelum intervensi hari terakhir dinilai. Hasilnya adalah 179/100 mmHg sebelum intervensi dan 172/90 mmHg setelah intervensi, dengan penurunan sistole 7 angka dan diastole 10 angka.

Kesimpulan: Terdapat pengaruh pemberian relaksasi aromaterapi lavender terhadap penurunan tekanan darah. Pemberian relaksasi aromaterapi lavender merupakan terapi non farmakologis untuk mengontrol tekanan darah.

Kata kunci: Lansia, Hipertensi, Aromaterapi Lavender

¹Mahasiswa Profesi Ners Universitas Jendral Achmad Yani Yogyakarta

²Dosen Profesi Ners Universitas Jendral Achmad Yani Yogyakarta

APPLICATION OF LAVENDER AROMATHERAPY TO REDUCE
AND STABILIZE BLOOD PRESSURE IN NY. D WITH
HYPERTENSION IN THE WORKING AREA OF GODEAN HEALTH
CENTER 1

Nur Annisa¹, Suwarno²

Email: annisanuur1999@gmail.com

B. ABSTRACT

Background: Hypertension is a major health problem throughout the world that needs to be addressed immediately. According to the World Health Organisation, high blood pressure affects 22% of the world's population and 39% in Southeast Asia. In almost all countries, around 10–30% of the adult population suffers from hypertension, and around 50–60% of the adult population is considered the majority, whose health improves when blood pressure is controlled. Comprehensive treatment for hypertension includes prevention, promotion, curative, and rehabilitative measures.

Objective: To determine changes in blood pressure after being given lavender aromatherapy relaxation to reduce blood pressure in hypertension sufferers.

Method: In this research, the authors used a participatory observation method where they implemented and participated in nursing interventions. Client data was obtained from the community health centre, and the writer and implementer visited the client's home to carry out a nursing assessment, which was carried out in three sessions for implementation and evaluation.

Results: Mrs. D before intervention was 189/100 mmHg, and after intervention it became 185/92 mmHg. There was a decrease of 4 points in systole pressure and 8 points in diastole pressure. On the second day, Mrs. D's blood pressure before the intervention was 190/110 mmHg, and after the intervention it became 183/106 mmHg. There was a decrease of 7 points in systole pressure and 4 points in diastole pressure. Mrs.'s blood pressure (D) before the last day of intervention was assessed. The results were 179/100 mmHg before intervention and 172/90 mmHg after intervention, with a decrease in systole of 7 points and diastole of 10 points.

Conclusion: here is an effect of providing relaxing lavender aromatherapy on reducing blood pressure. Providing lavender aromatherapy for relaxation is a non-pharmacological therapy to control blood pressure.

Keywords: Elderly, Hypertension, Lavender Aromatherapy

¹Nursing professional Student, Universitas Jendral Achmad Yani Yogyakarta

²Nursing profession Lecturer, Universitas Jendral Achmad Yani Yogyakarta