

**PENERAPAN TERAPI PIJAT REFLEKSI KAKI TERHADAP
PENURUNAN TEKANAN DARAH NY.S DENGAN HIPERTENSI DI
PUSKESMAS KASIHAN II**

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ABSTRAK

Latar Belakang : Proses penuaan menyebabkan penurunan fungsi tubuh yang meningkatkan risiko lansia terhadap berbagai penyakit, termasuk hipertensi. hipertensi merupakan kondisi “*silent killer*” dengan prevalensi tinggi secara global dan di Indonesia. Penanganannya mencakup pendekatan farmakologis dan non-farmakologis. Salah satu terapi non-farmakologis yang terbukti efektif adalah terapi pijat refleksi kaki, yang memiliki manfaat fisiologis seperti meningkatkan sirkulasi darah dan mengurangi tekanan darah.

Tujuan : Penelitian ini bertujuan untuk menyusun laporan asuhan keperawatan pada pasien lansia dengan hipertensi melalui intervensi terapi pijat refleksi kaki di Puskesmas Kasihan II Bantul.

Metode : Penelitian dilakukan melalui observasi, pengumpulan data pustaka, intervensi aktif terapi pijat kaki selama tiga hari (15 menit per sesi), rekap hasil intervensi, dan penyusunan laporan keperawatan. Subjek penelitian adalah seorang lansia hipertensi yang memenuhi kriteria inklusi.

Hasil : Intervensi terapi pijat refleksi kaki menunjukkan penurunan rata-rata tekanan darah sistolik sebesar 3% pada hari pertama, 4% pada hari kedua, dan 3% pada hari ketiga. Penurunan tekanan darah diastolik tercatat sebesar 6%, 1%, dan 3% pada hari pertama hingga ketiga. Faktor non-farmakologis berupa ketaatan terhadap terapi pijat serta farmakologis berupa konsumsi rutin obat hipertensi berkontribusi terhadap hasil ini.

Kesimpulan : Terapi pijat refleksi kaki terbukti efektif menurunkan tekanan darah pada lansia hipertensi bila dilakukan secara rutin. Hasil ini mendukung penggunaan terapi non-farmakologis sebagai pelengkap penanganan hipertensi di layanan kesehatan tradisional.

Kata Kunci : Hipertensi, Terapi Pijat Refleksi Kaki, Lansia

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**THE APPLICATION OF FOOT REFLEXOLOGY MASSAGE THERAPY
TO REDUCE BLOOD PRESSURE IN MRS. S WITH HYPERTENSION AT
PUSKESMAS KASIHAN II**

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ABSTRACT

Introduction : The aging process leads to a decline in bodily functions, increasing the risk of various diseases in the elderly, including hypertension. Hypertension is a "silent killer" with a high prevalence globally and in Indonesia. Its management involves pharmacological and non-pharmacological approaches. One effective non-pharmacological therapy is foot reflexology massage, which provides physiological benefits such as improving blood circulation and reducing blood pressure.

Objective : This study aimed to develop a nursing care report for elderly patients with hypertension through the intervention of foot reflexology massage at Puskesmas Kasihan II Bantul.

Methods : The study was conducted using observation, literature review, active intervention of foot massage therapy over three days (15 minutes per session), recording intervention outcomes, and preparing nursing care documentation. The research subject was an elderly individual with hypertension who met the inclusion criteria.

Results : The foot reflexology massage intervention resulted in an average reduction in systolic blood pressure of 3% on the first day, 4% on the second day, and 3% on the third day. Diastolic blood pressure decreased by 6%, 1%, and 3% on the first, second, and third days, respectively. Non-pharmacological factors such as adherence to the massage therapy and pharmacological factors like regular antihypertensive medication intake contributed to these outcomes.

Conclusion : Foot reflexology massage has been proven effective in reducing blood pressure in elderly hypertension patients when performed routinely. These findings support the use of non-pharmacological therapies as complementary interventions in hypertension management within traditional healthcare services.

Keywords : Hypertension, Foot Reflexology Therapy, Elderly

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