

# PENERAPAN RENDAM KAKI AIR JAHE MERAH HANGAT TERHADAP PENURUNAN TEKANAN DARAH PADA NY. S DENGAN PENDERITA HIPERTENSI

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## INTISARI

**Latar Belakang :** Hipertensi disebut silent killer karena sering tidak menimbulkan keluhan, sehingga penderitanya sering tidak mengetahui dirinya mengalami hipertensi dan baru diketahui setelah terjadi komplikasi. Untuk menghindari kondisi yang buruk munculnya komplikasi maka diperlukan suatu terapi pengobatan. Pengobatan terdiri dari 2 cara yaitu farmakologi dan non farmakologi. Pengobatan farmakologi merupakan pengobatan medis, sedangkan salah satu terapi non farmakologis yang dapat digunakan secara mandiri dan bersifat alami untuk menurunkan hipertensi yaitu dengan rendam kaki air jahe merah hangat.

**Tujuan :** Menganalisis asuhan keperawatan pada Ny.S dengan Hipertensi di Puskesmas Kasihan II

**Metodologi :** Penelitian ini menggunakan metode penelitian *observative-partisipatif* yang dilakukan pada klien dengan hipertensi di Puskesmas Kasihan II. Implementasi berupa Pemberian rendam kaki air jahe merah hangat pada Ny. S yang dilakukan sebanyak 6 kali dalam 6 hari implementasi selama 15 menit. Luaran yang diukur adalah Tekanan Darah.

**Hasil :** Pemberian rendam kaki air jahe hangat berpengaruh pada penurunan tekanan darah pada klien hipertensi. Pada hari pertama menunjukkan tekanan darah sebelum diberikan rendam kaki air jahe hangat (165/98mmHg), sesudah diberikan rendam kaki air jahe hangat (160/90mmHg). Pada hari kedua menunjukkan tekanan darah sebelum diberikan rendam kaki air jahe hangat (150/95mmHg), sesudah diberikan rendam kaki air jahe hangat (145/80mmHg). Pada hari ketiga menunjukkan tekanan darah sebelum diberikan rendam kaki air jahe hangat (137/86mmHg), sesudah diberikan rendam kaki air jahe hangat (131/83mmHg). Pada hari keempat menunjukkan tekanan darah sebelum diberikan rendam kaki air jahe hangat (130/86mmHg), sesudah diberikan rendam kaki air jahe hangat (128/84mmHg). Pada hari kelima menunjukkan tekanan darah sebelum diberikan rendam kaki air jahe hangat (133/90mmHg), sesudah diberikan rendam kaki air jahe hangat (125/85mmHg). Pada hari keenam menunjukkan tekanan darah sebelum diberikan rendam kaki air jahe hangat (124/84mmHg), sesudah diberikan rendam kaki air jahe hangat (121/80mmHg).

**Kesimpulan :** Terdapat pengaruh penurunan tekanan darah pada Ny. S dengan hipertensi sebelum dan sesudah dilakukan intervensi rendam kaki air jahe hangat selama 15 menit setiap implementasi. Pemberian rendam kaki air jahe hangat direkomendasikan sebagai terapi nonfarmakologi untuk klien dengan hipertensi.

**Kata Kunci :** *Hipertensi, Rendam Kaki Air Jahe Merah Hangat*

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**APPLICATION OF A WARM RED GINGER WATER FOOT  
SOAK ON REDUCING BLOOD PRESSURE IN NY. S WITH HYPERTENSION  
PATIENTS**

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**ABSTRACT**

**Background:** Hypertension is called the silent killer because it often does not cause complaints, so sufferers often do not know they have hypertension and only find out after complications occur. To avoid bad conditions and the emergence of complications, medical therapy is needed. Treatment consists of 2 methods, namely pharmacological and non-pharmacological. Pharmacological treatment is medical treatment, while one non-pharmacological therapy that can be used independently and is natural to reduce hypertension is by soaking the feet in warm red ginger water.

**Objective:** Analyzing nursing care for Mrs. S with Hypertension at Kasihan II Community Health Center

**Methodology:** This research used an observative-participatory research method conducted on clients with hypertension at Kasihan II Community Health Center. Implementation took the form of giving a warm red ginger water foot soak to Mrs. S which was carried out 6 times in 6 days of implementation for 15 minutes. The outcome measured is Blood Pressure.

**Results:** Giving warm ginger water foot soaks has an effect on reducing blood pressure in hypertensive clients. On the first day the blood pressure was shown before being given a warm ginger water foot soak (165/98mmHg), after which a warm ginger water foot soak was given (160/90mmHg). On the second day, the blood pressure was shown before being given a warm ginger water foot soak (150/95mmHg), after being given a warm ginger water foot soak (145/80mmHg). On the third day, the blood pressure was shown before being given a warm ginger water foot soak (137/86mmHg), after being given a warm ginger water foot soak (131/83mmHg). On the fourth day, the blood pressure was shown before being given a warm ginger water foot soak (130/86mmHg), after being given a warm ginger water foot soak (128/84mmHg). On the fifth day, blood pressure was shown before being given a warm ginger water foot soak (133/90mmHg), after being given a warm ginger water foot soak (125/85mmHg). On the sixth day, the blood pressure was shown before being given a warm ginger water foot soak (124/84mmHg), after being given a warm ginger water foot soak (121/80mmHg).

**Conclusion:** There is an effect of reducing blood pressure on Mrs. S with hypertension before and after the intervention, soak their feet in warm ginger water for 15 minutes after each implementation. Giving warm ginger water foot soaks is recommended as a non-pharmacological therapy for clients with hypertension.

**Keywords:** Hypertension, Soak Feet in Warm Red Ginger Water

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