

**PENGARUH TERAPI BEKAM KERING TERHADAP PENURUNAN
TEKANAN DARAH PADA LANSIA PENDERITA HIPERTENSI
DI PANTI WREDHA BUDHI DHARMA YOGYAKARTA
DAN BALAI PELAYANAN SOSIAL TRESNA
WREDHA UNIT BUDHI LUHUR
YOGYAKARTA**

Yudop Purwadinata¹, Miftafu Darussalam², Muhamat Nofiyanto³

INTISARI

Latar Belakang: Hipertensi menjadi penyebab terjadinya penyakit jantung (gagal jantung, kematian mendadak, kardiomiopati) dan ritmia. Terapi non farmakologis yang bisa digunakan sebagai komplementari terapi, salah satunya terapi bekam kering.

Tujuan Penelitian: Mengetahui pengaruh terapi bekam kering terhadap penurunan tekanan darah pada lansia penderita hipertensi di Panti Wredha Budhi Dharma Yogyakarta dan Balai Pelayanan Sosial Tresna Wredha Unit Budhi Luhur Yogyakarta.

Metode Penelitian: Penelitian ini merupakan penelitian *pre-eksperimental* dengan rancangan *pre-post test* dalam satu kelompok (*one group pre-post test design*). Tindakan bekam menggunakan cup bekam di tujuh titik yaitu satu titik al-kaahil, dua titik al-katifain, dua titik di belakang scapula bawah dextra dan sinistra dua titik di pinggang belakang. Tindakan dilakukan dengan perlakuan empat hari sekali sebanyak 3x perlakuan. Populasi pada penelitian ini adalah semua lansia yang didiagnosa hipertensi berjumlah 31 orang. Teknik sampling yang digunakan adalah *total sampling*. Analisa data menggunakan uji Wilcoxon.

Hasil Penelitian: Tekanan darah sistolik setelah dilakukan terapi bekam kering median 120 mmHg. Tekanan darah diastolik setelah dilakukan terapi bekam kering median 75 mmHg. Perubahan tekanan darah sistolik setelah dilakukan terapi bekam kering, selisih maksimum 30 mmHg dan selisih minimum 10 mmHg. Perubahan tekanan darah diastolik setelah dilakukan terapi bekam kering, selisih maksimum 60 mmHg dan selisih minimum 30 mmHg.

Kesimpulan: Terapi bekam kering dapat menurunkan tekanan darah pada lansia penderita hipertensi yang ditunjukkan dengan nilai signifikansi 0,000 lebih kecil dari 0,025.

Kata kunci : terapi bekam kering, tekanan darah, lansia, hipertensi

¹ Mahasiswa S1 Keperawatan Stikes Jenderal Achmad Yani Yogyakarta

²Dosen Stikes Jenderal Achmad Yani Yogyakarta

³Dosen Stikes Jenderal Achmad Yani Yogyakarta

EFFECT OF TREATMENT OF DRY CUPPING TO DECREASE BLOOD PRESSURE IN ELDERLY PATIENTS WITH HYPERTENSION IN PANTI WREDHA BUDHI DHARMA YOGYAKARTA AND SOCIAL SERVICES CENTER TRESNA WREDHA UNIT BUDHI LUHUR YOGYAKARTA

Yudop Purwadinata¹, Miftafu Darussalam², Muhamat Nofiyanto³

ABSTRACT

Background: Hypertension causes heart disease (heart failure, sudden death, cardiomyopathy) and ritmia. Non-pharmacological therapies that can be used as a complementary therapy, one dry cupping therapy.

Objective: To determine the effect of dry cupping therapy to decrease blood pressure in elderly hypertensive patients at Panti Wredha Budhi Dharma Yogyakarta and Social Services Center Tresna Wredha Unit Budhi Luhur Yogyakarta.

Methods: This study is a pre-experimental design with pre-post test in one group (one group pre-post test design). The bruise actions used a cup in seven points is one point al-kaahil, al-katifain two points, two points behind the scapula under dextra and sinistra two points at the back waist. The action carried out by the treatment four days a 3x treatment. The population in this study were all diagnosed elderly hypertensive numbered 31 people. The population in this study were all diagnosed elderly hypertensive by clinical physician numbered 31 people. The sampling technique used is total sampling. Data were analyzed used the Wilcoxon test.

Results: Systolic blood pressure after dry cupping therapy a median of 120 mmHg. Diastolic blood pressure after dry cupping therapy a median of 75 mmHg. Changes in systolic blood pressure after dry cupping therapy, the maximum difference of 30 mmHg and 10 mmHg minimum difference. Changes in diastolic blood pressure after dry cupping therapy, the maximum difference of 60 mmHg and 30 mmHg minimum difference

Conclusion: Dry cupping therapy can lower blood pressure in elderly hypertensive patients shown with significant value 0,000 less than 0.025.

Keywords: dry cupping therapy, blood pressure, elderly, hypertension

¹S1 Nursing Students STIKES Jenderal Achmad Yani Yogyakarta

²Lecturer STIKES Jenderal Achmad Yani Yogyakarta

³Lecturer STIKES Jemderal Achmad Yani Yogyakarta