

EFEKTIVITAS TERAPI PIJAT REFLEKSI KAKI TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN DENGAN HIPERTENSI DI RUANG DAHLIA RSUD KOTA YOGYAKARTA

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INTISARI

Latar Belakang: Hipertensi atau *slient killer* menjadi pemicu utama penyakit kardiovaskuler yang dapat berujung pada kematian.

Tujuan: Untuk mengetahui efektivitas pijat refleksi kaki terhadap penurunan tekanan darah pada pasien hipertensi di RSUD Kota Yogyakarta

Metode: Penelitian ini menggunakan jenis penelitian deskriptif dengan pendekatan studi kasus. Sampel *case study* ini seorang pasien hipertensi dengan kriteria inklusi menderita hipertensi, TD $\geq 140/90$ mmHg, sedangkan kriteria eksklusi penelitian ini yaitu berusia ≥ 45 tahun dan tidak mengonsumsi obat antihipertensi. Intervensi *Evidence Based Practice* (EBP) dilakukan selama 4 hari dengan intervensi pijat refleksi kaki. Pijat refleksi kaki dilakukan dengan menekan satu titik akupresure selama 15 detik dan 5 detik dilepaskan, siklus tersebut dilakukan selama 5 kali atau 2 menit. Pengukuran tekanan darah dilakukan sebelum pemberian intervensi pijat, dan diukur kembali setelah 15 menit intervensi.

Hasil: Tekanan darah sistolik menurun pada hari pertama sebesar 12 mmHg, hari kedua menurun 18 mmHg, hari ketiga menurun 7 mmHg dan hari keempat menurun 16 mmHg. Sedangkan penurunan nilai tekanan darah diastolic pada hari pertama sebesar 2 mmHg, hari kedua menurun 14 mmHg, hari ketiga menurun 1 mmHg, dan hari terakhir menurun 6 mmHg.

Kesimpulan: Pijat refleksi kaki efektif untuk menurunkan tekanan darah pada pasien hipertensi.

Kata Kunci: Hipertensi, pijat refleksi kaki, tekanan darah

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EFFECTIVENESS OF FOOT REFLECTION MASSAGE THERAPY ON REDUCING BLOOD PRESSURE IN HYPERTENSION PATIENTS IN THE DAHLIA ROOM RSUD KOTA YOGYAKARTA

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ABSTRACT

Background: Hypertension or the silent killer is the main trigger for cardiovascular disease which can lead to death.

Objective: To determine the effectiveness of foot reflexology massage in reducing blood pressure in hypertensive patients at RSUD Kota Yogyakarta

Method: This research uses descriptive research with a case study approach. The sample for this case study is hypertensive patients with the inclusion criteria for hypertension, BP $\geq 140/90$ mmHg, while the exclusion criteria for this study are aged ≥ 45 years and not taking antihypertensive drugs. Evidence Based Practice (EBP) intervention was carried out for 4 days with foot reflexology massage intervention. Foot reflexology massage is done by pressing one of the acupressure points for 15 seconds and releasing it for 5 seconds. This cycle is carried out 5 times or 2 minutes. Blood pressure measurements were taken before administering the massage intervention, and measured again after 15 minutes of intervention.

Results: Systolic blood pressure decreased on the first day by 12 mmHg, on the second day it decreased by 18 mmHg, on the third day it decreased by 7 mmHg and on the fourth day it decreased by 16 mmHg. Meanwhile, the decrease in diastolic blood pressure values on the first day was 2 mmHg, on the second day the decrease was 14 mmHg, on the third day the decrease was 1 mmHg, and on the last day the decrease was 6 mmHg.

Conclusion: Foot reflexology massage is effective for lowering blood pressure in hypertensive patients.

Keywords: Hypertension, foot reflexology, blood pressure

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