

**ANALISIS ASUHAN KEPERAWATAN PADA PASIEN HIPERTENSI
MELALUI INTERVENSI TERAPI GENGAM JARI TERHADAP
PENURUNAN TEKANAN DARAH**

INTISARI

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Latar belakang : Hipertensi ialah peningkatan tekanan darah yang abnormal didalam pembuluh darah arteri didalam suatu periode, menyebabkan arteriola berkontraksi sehingga aliran darah terhambat dan tekanan terhadap dinding arteri meningkat. Terapi relaksasi untuk hipertensi didapatnya lakukan dalam berbagai caranya, termasuk teknik genggam jari dan genggam tangan. Genggam jari dapat menurunkan *Mean Arterial Pressure* (MAP) dan tekanan darah pada pasien hipertensi. Teknik genggam jari dilakukan dengan menggenggam jemari satu per satu, dari ibu jari hingga kelingking, menggunakan tangan yang berlawanan sampai terasa denyut nadi.

Tujuan : mengetahui penerapan intervensi terapi genggam jari pada pasien dengan hipertensi untuk menurunkan tekanan darah di Padukuhan Ngeblak Rt.01Wijirejo, Bantul Yogyakarta.

Metode : Desain penelitian yang digunakan adalah rancangan studi kasus pada Ny.T yang mengalami Hipertensi.

Hasil : Hasil tekanan darah sebelum diberikan teknik genggam jari 165/85 mmhg setelah diberikan teknik genggam jari menjadi 147/77 mmhg.

Kesimpulan : Setelah dilakukan penelitian dan intervensi selama 3 hari dapat dilihat bahwa terdapat perubahan yang signifikan terhadap status nyeri pasien. Pasien mengatakan pusing dan badan pegalpegal sudah berkurang serta lebih baik.

Kata kunci : Hipertensi, *finger grip therapy*

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**ANALYSIS OF NURSING CARE FOR HYPERTENSION PATIENTS
THROUGH FINGER HAND THERAPY INTERVENTION TO
REDUCTION OF BLOOD PRESSURE**

ABSTRACT

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Background: Hypertension is abnormal increase in blood pressure in the arteries over a period of time, causing the arterioles to contract so that blood flow is obstructed and the pressure against the arterial walls increases. Relaxation therapy for hypertension can be done in various ways, including finger grip and hand grip techniques. Finger grip can reduce Mean Arterial Pressure (MAP) and blood pressure in hypertensive patients. The finger grip technique is done by grasping the fingers one by one, from the thumb to the little finger, using the opposite hand until a pulse is felt.

Objective: to determine the application of finger-holding therapy interventions in patients with hypertension to lower blood pressure in Ngeblak Hamlet Rt.01 Wijirejo, Bantul Yogyakarta.

Method: The research design used was a case study design for Mrs. T who experienced hypertension.

Results: The blood pressure results before being given the finger grip technique were 165/85 mmHg. After being given the finger grip technique it was 147/77 mmHg.

Conclusion: After conducting research and intervention for 3 days, it can be seen that there are significant changes in the patient's pain status. The patient said that dizziness and body aches had decreased and were better..

Keywords: Hypertension, finger grip therapy

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