

PENERAPAN KOMBINASI TERAPI RENDAM KAKI DAN MUROTTAL AL-QUR'AN PADA LANSIA DENGAN HIPERTENSI DI PUSKESMAS

KASIHAN II

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INTISARI

Latar Belakang: Hipertensi merupakan suatu keadaan tekanan darah dalam keadaan abnormal tekanan sistolik dan diastolik berada $\geq 140/90$ mmHg. Pengobatan hipertensi terdapat dua metode yaitu dengan farmakologi dan non farmakologi, salah satu pengobatan non farmakologi yang dapat dilakukan untuk menurunkan tekanan darah yaitu menggunakan terapi rendam kaki air hangat dan terapi murottal al-qur'an.

Tujuan: Mengetahui keefektifan terapi rendam kaki air hangat dan terapi murottal al-qur'an untuk menurunkan tekanan darah pada lansia dengan hipertensi

Metode: Teknik pengambilan data dengan menggunakan observasi – partisipasi dimana peneliti melakukan pengamatan dan ikut serta dalam melakukan Tindakan asuhan keperawatan kepada 1 pasien

Hasil: Intervensi terapi rendam kaki air hangat dan terapi murottal al-quran dilakukan 3 kali pertemuan selama 3 hari dengan waku intervensi 15 menit. Hasil intervensi rendam kaki air hangat dan terapi murottal al-quran didapatkan adanya penurunan tekanan darah setelah diberikan intervensi didapatkan rata-rata penurunan, 6,6 mmHg diastolik 1,6 mmHg

Kesimpulan: Terapi non farmakologi rendam kaki air hangat dan terapi murottal al-qur'an dapat menurunkan tekanan darah sistolik dan diastolik pada lansia dengan hipertensi

Kata Kunci: Hipertensi, Tekanan Darah, Lansia, Rendam Kaki Air Hangat, Murottal AL-Qur'an

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**APPLICATION OF COMBINATION OF FOOT SOAKING THERAPY
AND AL-QUR'AN MUROTTAL IN ELDERLY PEOPLE WITH
HYPERTENSION AT KASIHAN II PUBLIC HEALTH CENTER**

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ABSTRAK

Background: Hypertension is a condition of blood pressure in an abnormal state of systolic and diastolic pressure is $\geq 140/90$ mmHg. There are two methods of hypertension treatment, namely pharmacological and non-pharmacological, one of the non-pharmacological treatments that can be done to lower blood pressure is using warm water foot soak therapy and murottal al-qur'an therapy.

Objective: To find out the effectiveness of warm water foot soak therapy and Al-Quran recitation therapy to lower blood pressure in the elderly with hypertension.

Method: Data collection techniques using observation - participation where the researcher makes observations and participates in providing nursing care to 1 patient.

Results: The intervention of warm water foot soak therapy and Al-Quran murottal therapy was carried out 3 times for 3 days with an intervention time of 15 minutes. The results of the intervention of warm water foot soak and Al-Quran murottal therapy showed a decrease in blood pressure after the intervention was given, an average decrease of 6.6 mmHg diastolic 1.6 mmHg

Conclusion: Non-pharmacological therapy of soaking feet in warm water and murottal Al-Quran therapy can reduce systolic and diastolic blood pressure in the elderly with hypertension.

Keywords: Hypertension, Blood Pressure, Lanisa, Soak Feet in Warm Water, Murottal AL-Qur'an

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