

# **PENERAPAN INTERVENSI "FOOT MASSAGE" UNTUK MENURUNKAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI WILAYAH KERJA PUSKESMAS GAMPING 1**

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## **INTISARI**

**Latar belakang :** Hipertensi adalah suatu keadaan dimana tekanan darah naik atau melebihi sistolik dan tekanan darah melebihi diastolik dan menjadi salah satu faktor risiko yang dapat dimodifikasi untuk penyakit kardiovaskular. Terapi Foot Massage merupakan terapi paling efektif untuk menurunkan tekanan darah pada hipertensi.

**Tujuan :** Untuk mengetahui pengaruh terapi Foot Massage untuk menurunkan tekanan darah pada penderita hipertensi pada Tn. S di wilayah dusun Nyamplung Kidul

**Metode :** Desain penelitian yang digunakan adalah rancangan studi kasus pada Tn. S dengan hipertensi di dusun Nyamplung Kidul

**Hasil :** Hasil dari studi kasus menunjukkan adanya perbedaan yang signifikan antara tekanan darah sistolik dan diastolic pada pre intervensi dan post intervensi terapi Foot Massage

**Kesimpulan :** Penerapan terapi Foot Massage dapat menurunkan tekanan darah pada penderita hipertensi.

**Kata kunci :** Hipertensi, Terapi Foot Massage

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# APPLICATION OF "FOOT MASSAGE" INTERVENTION TO LOWER BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE WORKING AREA OF GAMPING 1 HEALTH CENTER

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## ABSTRAK

**Background:** Hypertension is a condition in which blood pressure rises or exceeds systolic and blood pressure exceeds diastolic and is one of the modifiable risk factors for cardiovascular disease. Foot Massage Therapy is the most effective therapy to lower blood pressure in hypertension.

**Objective:** To determine the effect of Foot Massage therapy to lower blood pressure in hypertensive patients in Mr. S in the Nyamplung Kidul hamlet area

**Method:** The research design used was a case study design on Mr. S with hypertension in Nyamplung Kidul hamlet

**Results:** The results of the case study showed that there was a significant difference between systolic and diastolic blood pressure in the pre-intervention and post-intervention of Foot Massage therapy

**Conclusion:** The application of Foot Massage therapy can lower blood pressure in hypertensive patients.

**Keywords :** Hypertension, Foot Massage Therapy

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