

ABSTRAK

Terapi warna yang dikenal juga dengan *chromatherapy* merupakan terapi yang didasarkan pada pernyataan bahwa setiap warna tertentu mengandung energi-energi penyembuh. Salah satu warna yang memiliki efek positif yaitu warna hijau. Warna hijau dapat menimbulkan rasa nyaman, rileks, mengurangi stres, dan menurunkan tekanan darah. Tujuan *literature review* ini adalah untuk mengetahui pengaruh *green color breathing therapy* terhadap tekanan darah. Jenis penelitian yang digunakan adalah metode *Literature Review* dengan desain *Systematic Review*. Populasi dalam penelitian ini adalah 303 jurnal yang didapatkan melalui *database* pencarian *Google Scholar*, *PubMed*, *Science Direct*, dan *Proquest*, pengambilan sample menggunakan *purposive sampling*, dan hanya 4 jurnal yang memenuhi kriteria inklusi. Peneliti menilai 4 jurnal tersebut dengan *Joanna Briggs Institute (JBI) Critical Appraisal Checklist for Quasi-Experimental* dan 4 jurnal tersebut termasuk kategori *Grade A* (Rekomendasi Kuat). Berdasarkan hasil analisis 4 jurnal didapatkan rata-rata nilai tekanan darah sistolik sebelum dilakukan terapi berada pada rentan 145,23-161,64 mmHg, dan Diastolik 92,41-94,09 mmHg. Rata-rata nilai tekanan darah sistolik sesudah terapi berada pada rentang 134,49-145,00 mmHg, dan Diastolik 83,10-91,19 mmHg. Analisa dan Diskusi: *literature review* menunjukkan bahwa terdapat pengaruh *green color breathing therapy* terhadap tekanan darah pada penderita hipertensi dengan melakukan *green color breathing therapy* selama satu kali dalam sehari selama 7 hari, serta memperhatikan pola diet garam, makanan tinggi serat, olahraga teratur, dan manajemen stres. Simpulan dan Saran: Intervensi *green color breathing therapy* dapat menurunkan tekanan darah sehingga dapat dijadikan referensi untuk penelitian keperawatan selanjutnya serta melakukan penelitian langsung pada penderita hipertensi.

Kata Kunci: Hipertensi, Tekanan Darah, *Green Color Breathing Therapy*

Referensi : 23 Buku (2010-2018)

6 Website (2013-2019)

19 Jurnal (2010-2019)

ABSTRACT

Color therapy, also known as chromatherapy, is a therapy based on the statement that each particular color contains healing energies. One of the colors that has a positive effect is green. Green can make you feel comfortable, relax, reduce stress, and lower blood pressure. The purpose of this review literature is to determine the effect of green color breathing therapy on blood pressure. The type of research used is the Literature Review method with a Systematic Review design. The population in this study were 303 journals obtained through a search database Google Scholar, PubMed, Science Direct, and Proquest, sampling using purposive sampling, and only 4 journals that met the inclusion criteria. Researchers assessed the 4 journals with the Joanna Briggs Institute (JBI) Critical Appraisal Checklist for Quasi-Experimental and the 4 journals were in the Grade A category (Strong Recommendations). Based on the results of the analysis of 4 journals, it was found that the average value of systolic blood pressure before therapy was vulnerable to 145.23-161.64 mmHg, and diastolic 92.41-94.09 mmHg. The mean value of systolic blood pressure after therapy was in the range of 134.49-145.00 mmHg, and diastolic 83.10-91.19 mmHg. Analysis and Discussion: Literature review shows that there is an effect of green color breathing therapy on blood pressure in hypertensive patients by doing green color breathing therapy once a day for 7 days, and paying attention to dietary patterns of salt, high-fiber foods, regular exercise, and stress management. Conclusions and Suggestions: Green color breathing therapy intervention can lower blood pressure so that it can be used as a reference for further nursing research and direct research on hypertensive patients.

Keywords: Hypertension, Blood Pressure, Green Color Breathing Therapy

Reference: 23 Books (2010-2018)

6 Websites (2013-2019)

19 Journals (2010-2019)