

ABSTRAK

Berdasarkan survey WHO tahun 2015-2018, bahwa penderita hipertensi di dunia mencapai 1,13 miliar dengan perkiraan 10,44 juta orang meninggal akibat hipertensi dan komplikasi setiap tahunnya. Prevalensi hipertensi di Indonesia tahun 2018 mencapai 34,1% dan di RSUD Kesehatan Kerja data kunjungan tiga tahun terakhir penderita hipertensi didapat tahun 2017 sebanyak 692 orang, tahun 2018 sebanyak 1.237 orang, dan tahun 2019 sebanyak 1.091 orang, menduduki peringkat ke-2 dari 5 penyakit terbanyak. Hipertensi perlu mendapatkan perhatian khusus dan penanganan yang komprehensif untuk menurunkan tekanan darah yang dapat dilakukan dengan *foot massage* yang bertujuan untuk menurunkan tekanan darah, mengurangi kegiatan jantung dalam memompa, dan mengurangi mengerutnya dinding-dinding pembuluh nadi halus sehingga tekanan pada dinding-dinding pembuluh darah berkurang aliran darah menjadi lancar dan tekanan darah akan menurun.

Tujuan penelitian ini untuk mengetahui pengaruh *foot massage* terhadap nilai tekanan darah pada penderita hipertensi di RSUD Kesehatan Kerja Provinsi Jawa Barat.

Jenis penelitian menggunakan *one group pretest-posttest* dengan jumlah populasi 29 orang, menggunakan *purposive sampling* dengan jumlah sampel 29 orang. Teknik pengumpulan data dilakukan *pre test*, *intervensi* dan *post test*. Analisa yang digunakan analisa univariat dan analisa bivariat dengan uji *wilcoxon match pairs test*.

Hasil penelitian menunjukkan ada pengaruh yang signifikan *foot massage* terhadap penurunan nilai tekanan darah pada penderita hipertensi di RSUD Kesehatan Kerja Provinsi Jawa Barat dengan hasil *p-value* = 0,000. Berdasarkan hasil penelitian, *foot massage* dapat dijadikan intervensi dalam pemberian terapi komplementer pada penderita hipertensi.

Kata Kunci : Hipertensi, *Foot Masssage*

Daftar Pustaka : 13 Jurnal (2014-2019)

3 Buku (2005-2017)

5 Artikel (2018-2020)

ABSTRACT

Based on the 2015-2018 WHO survey, hypertension sufferers in the world reached 1.13 billion with an estimated 10.44 million people dying from hypertension and complications each year. The prevalence of hypertension in Indonesia in 2018 reached 34.1% and in the Occupational Health Hospital, data on visits for the last three years of hypertension sufferers were obtained in 2017 as many as 692 people, in 2018 as many as 1,237 people, and in 2019 as many as 1,091 people, ranked 2nd out of 5 most diseases. Hypertension needs to get special attention and comprehensive treatment to lower blood pressure which can be done with foot massage which aims to lower blood pressure, reduce heart pumping activity, and reduce shrinkage of the walls of fine arteries so that pressure on the walls of blood vessels is reduced blood flow becomes smooth and blood pressure will decrease.

The purpose of this study was to determine the effect of foot massage on the value of blood pressure in hypertensive patients at the West Java Province Occupational Health Hospital.

This type of research used one group pretest-posttest with a population of 29 people, using purposive sampling with a sample size of 29 people. The data collection techniques were carried out by pre test, intervention and post test. The analysis used univariate analysis and bivariate analysis with the Wilcoxon match pairs test.

The results showed that there was a significant effect of foot massage on decreasing the value of blood pressure in hypertensive patients at the West Java Province Occupational Health Hospital with a p -value = 0.000. Based on the results of the study, foot massage can be used as an intervention in providing complementary therapy to hypertensive patients.

Keywords: Hypertension, Foot Massage

Bibliography: 13 Journals (2014-2019)

3 Books (2005-2017)

5 Articles (2018-2020)