

Hipertensi pada lansia dibedakan atas hipertensi dimana tekanan sistolik sama atau lebih besar dari 140 mmHg dan atau tekanan diastolik sama atau lebih besar dari 90 mmHg. Penanganan hipertensi meliputi terapi komplementer, non farmakologi dan terapi farmakologi. Jenis terapi non-farmakologi yang efektif dalam mengendalikan tekanan darah pada pasien hipertensi adalah pemberian jus campuran tomat dan mentimun, pemberian madu, rendam kaki air hangat, terapi relaksasi genggam jari dan napas dalam, terapi musik suara alam dan *slow deep breathing*. Tujuan dalam penelitian ini yaitu untuk mengetahui pengaruh terapi kombinasi rendam kaki air hangat dan relaksasi napas dalam terhadap penurunan tekanan darah pada lansia dengan hipertensi Di UPTD Panti Sosial Rehabilitas Lanjut Usia Ciparay.

Metode penelitian dalam penelitian ini merupakan studi kuantitatif dengan jenis penelitian pre-ekperimental, yaitu dengan pendekatan penelitian *One group pre-test and post-test without control*. Populasi dalam penelitian ini adalah 42 lansia yang mengalami hipertensi di UPTD Panti Sosial Rehabilitas Lanjut Usia Ciparay dengan menggunakan pengambilan sampel *purposive sampling*. Analisis yang digunakan dilakukan uji normalitas data dan dilakukan pengujian dengan uji *wilxocon test*

Hasil rata-rata tekanan darah lansia sebelum diberikan terapi kombinasi rendam kaki air hangat dan relaksasi napas dalam dengan sistole 146,3 mmHg dan diastole 101,8 mmHg, hasil rata-rata tekanan darah lansia setelah diberikan terapi kombinasi rendam kaki air hangat dan relaksasi napas dalam dengan sistole 124,2 mmHg dan diastole 87,1 mmHg. Hasil analisis mengenai perbandingan tekanan darah sebelum dan sesudah diberikan terapi kombinasi rendam kaki air hangat dengan relaksasi napas dalam, didapatkan *p-value* sebesar $0,000 < 0,05$.

Berdasarkan hasil diatas, terdapat pengaruh terapi kombinasi rendam kaki air hangat dengan relaksasi napas dalam pada tekanan darah lansia di UPTD Panti Sosial Rehabilitas Lanjut Usia Ciparay. Berdasarkan hasil penelitian, diharapkan kepada institusi keperawatan dapat meninjau kembali dan mendiskusikan di dalam ruang diskusi mengenai pemberian terapi komplementer untuk menurunkan tekanan darah pada lansia.

Kata Kunci : Terapi Kombinasi, Relaksasi Napas Dalam, Rendam Kaki Air Hangat, Hipertensi
 Sumber : 12 Buku (2011-2020)
 24 Jurnal (2013-2020)
 3 Situs (2008-2018)

ABSTRACT

Hypertension in the elderly is distinguished into hypertension where the systolic pressure is equal to or greater than 140 mmHg and/or diastolic pressure is equal to or greater than 90 mmHg, Treatment of hypertension includes complementary, non-pharmacological and pharmacological therapies. Types of non-pharmacological therapies that are effective in controlling blood pressure in hypertensive patients are administration of mixed tomato and cucumber juice, honey, warm water foot soaks, finger grip relaxation therapy and deep breathing. The aim of this study was to determine the effect of a combination therapy of warm water foot soaks and deep breathing relaxation on reducing blood pressure in the elderly with hypertension at the UPTD Ciparay Elderly Rehabilitation Social Institution.

The research method in this study is a quantitative study with the type of pre-experimental research, namely the One group pre-test and post-test without control research approach. The population in this study were 42 elderly people with hypertension at UPTD Ciparay Elderly Rehabilitation Social Institution using total sampling. The analysis used was tested for normality of the data and tested with the Wilcoxon test

The results of the average blood pressure of the elderly before being given a combination therapy of foot soaking in warm water and deep breath relaxation with systole 146.3 mmHg and diastolic 101.8 mmHg, the results of the average blood pressure of the elderly after being given a combination therapy of foot soaking in warm water and relaxation of breath with a systole of 124.2 mmHg and a diastolic of 87.1 mmHg. The results of the analysis of the comparison of blood pressure before and after being given a combination therapy of foot soaking in warm water with deep breathing relaxation, obtained a p-value of $0.000 < 0.05$.

Results, there is an effect of combination therapy with warm water foot soaks with deep breathing relaxation on the blood pressure of the elderly at UPTD Ciparay Elderly Rehabilitation Social Institution. Based on the results of the study, it is hoped that nursing institutions can review and discuss in the discussion room regarding the provision of complementary therapies to reduce blood pressure in the elderly.

Keywords : *Combination Therapy, Deep Breathing Relaxation, Warm Water Foot Soak, Hypertension*

Source : *12 Books (2011-2020)
24 Journals (2013-2020)
3 Sites (2008-2018)*