

ABSTRAK

PENGARUH REDAM KAKI AIR HANGAT TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN HIPERTENSI KELOMPOK PROLANIS UPT PUSKESMAS TAROGONG KABUPATEN GARUT

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Berdasarkan catatan World Health Organization (WHO) Tahun 2021 satu milyar orang di dunia menderita hipertensi. Hipertensi adalah peningkatan tekanan darah seseorang meliputi tekanan darah sistolik dan diastolik. Tekanan darah sistolik adalah tekanan darah saat jantung berdetak. Tekanan darah diastolik adalah tekanan darah saat jantung dalam keadaan istirahat. Salah satu terapi non-farmakologis yang digunakan untuk mengelola hipertensi adalah rendam kaki air hangat, yang bertujuan meningkatkan sirkulasi darah dan menurunkan tekanan darah. Tujuan penelitian untuk menganalisis pengaruh redam kaki air hangat terhadap penurunan tekanan darah pada pasien hipertensi kelompok prolanis UPT Puskesmas Tarogong Kabupaten Garut. Metode penelitian menggunakan pre-eksperimental dengan desain *One Group Pretest Posttest*, sampel pada penelitian ini berjumlah 20 responden. Hasil penelitian menunjukkan, sebelum dilakukan terapi redam kaki air hangat rata-rata tekanan systole sebesar 171,25 mmHg dan rata-rata tekanan diastole 94 mmHg, sesudah dilakukan terapi redam kaki air hangat rata-rata tekanan darah systole sebesar 152,50 mmHg dan rata-rata tekanan diastole 81,50 mmHg. Hasil perhitungan Paired t Test adalah P value 0.000. berdasarkan hasil penelitian disimpulkan terdapat pengaruh redam kaki air hangat terhadap tekanan darah pada pasien hipertensi kelompok Prolanis UPT Puskesmas Tarogong. Diharapkan hasil penelitian ini dapat dijadikan SOP redam kaki air hangat bagi Prolanis penderita hipertensi.

Kata Kunci: Air Hangat, Hipertensi, Prolanis, Rendam Kaki

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ABSTRACT

THE EFFECT OF WARM WATER FEET SOAKING ON BLOOD PRESSURE REDUCTION IN HYPERTENSION PATIENTS IN THE PROLANIS GROUP OF TAROGONG COMMUNITY HEALTH CENTER, GARUT REGENCY

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According to the World Health Organization (WHO), in 2021, one billion people worldwide suffered from hypertension. Hypertension is an increase in a person's blood pressure, including systolic and diastolic blood pressure. Systolic blood pressure is the blood pressure when the heart beats. Diastolic blood pressure is the blood pressure when the heart is at rest. One non-pharmacological therapy used to manage hypertension is soaking feet in warm water, which aims to improve blood circulation and lower blood pressure. The purpose of this study was to analyze the effect of soaking feet in warm water on reducing blood pressure in hypertensive patients in the Prolanis group at the Tarogong Community Health Center (UPT) in Garut Regency. The research method used a pre-experimental study with a One Group Pretest Posttest design, with a sample of 20 respondents. The results showed that before the warm water foot soak therapy, the average systolic blood pressure was 171.25 mmHg and the average diastolic blood pressure was 94 mmHg. After the warm water foot soak therapy, the average systolic blood pressure was 152.50 mmHg and the average diastolic blood pressure was 81.50 mmHg. The paired t-test resulted in a P-value of 0.000. Based on these results, it was concluded that warm water foot soak had an effect on blood pressure in hypertensive patients in the Prolanis group at the Tarogong Community Health Center (UPT). It is hoped that these results can be used as a standard operating procedure (SOP) for warm water foot soaks for Prolanis patients with hypertension.

Keywords: Warm Water, Hypertension, Prolanis, Foot Soak

References: 31 publications 2020-2025 (20 journals, 10 books)