

PENGARUH *FOOT MASSAGE* TERHADAP TEKANAN DARAH PADA PENDERITA HIPERTENSI DI PUSKESMAS CILEUNYI

Hani Atapia Sari Putri¹

Program Studi Sarjana Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana Bandung

ABSTRAK

Kasus hipertensi di Indonesia 76% belum terdiagnosis atau masyarakat tidak mengetahui bahwa mereka menderita hipertensi, hipertensi merupakan penyebab kematian nomor tiga, selain stroke dan tuberkulosis, yang mencapai 6,8% dari penyebab kematian pada semua umur di Indonesia. Tren kasus hipertensi di wilayah Indonesia nampaknya akan terus meningkat. Penurunan tekanan darah selain menggunakan terapi farmakologis bisa dengan non farmakologis salah satunya *foot massage*. Tujuan penelitian ini mengetahui pengaruh *foot massage* terhadap penurunan tekanan darah pada penderita hipertensi. Penelitian ini menggunakan desain penelitian Quasi Experiment dengan rancangan *control times series design*. Populasi dalam penelitian ini adalah seluruh pasien penderita hipertensi di wilayah kerja Puskesmas Cileunyi, dengan sampel 15 responden tiap kelompok. Dalam penelitian ini sampel diambil dengan teknik purposive sampling. Hasil uji statistik dengan uji independent t-test didapatkan hasil nilai p value = 0,000 pada kelompok intervensi dengan derajat kepercayaan 95% (0,05) maka H_a diterima sehingga ada pengaruh *foot massage* terhadap penurunan tekanan darah penderita hipertensi di Puskesmas Cileunyi. *Foot massage* mengaktifkan aktifitas parasimpatik kemudian memberikan sinyal neurotransmiter ke otak, organ dalam tubuh, dan bioelektrik ke seluruh tubuh. Sinyal yang di kirim ke otak akan mengalirkan gelombang alfa yang ada di dalam otak sehingga dapat merangsang pelebaran pembuluh darah dan dapat menurunkan tekanan darah

Kata kunci : *foot massage, hipertensi, tekanan darah*

THE EFFECT OF FOOT MASSAGE ON BLOOD PRESSURE IN HYPERTENSIVE PATIENTS AT THE CILEUNYI HEALTH CENTER

Hani Atapia Sari Putri¹
Bachelor of Nursing Program, Faculty of Nursing
Bhakti Kencana University, Bandung

ABSTRACT

Hypertension cases in Indonesia are 76% undiagnosed, or people are unaware that they have hypertension. Hypertension is the third leading cause of death, after stroke and tuberculosis, accounting for 6.8% of all deaths in Indonesia across all age groups. The trend of hypertension cases in Indonesia appears to be on the rise. Blood pressure reduction can be achieved not only through pharmacological therapy but also through non-pharmacological methods, one of which is foot massage. Foot massage activates parasympathetic activity, sending neurotransmitter signals to the brain, internal organs, and bioelectric signals throughout the body. The signals sent to the brain induce alpha waves within the brain, thereby stimulating vasodilation and lowering blood pressure. The purpose of this study is to determine the effect of foot massage on blood pressure reduction in hypertensive patients. This study uses a quasi-experimental design with a control time series design. The population in this study consists of all hypertensive patients in the Cileunyi Public Health Center area, with 15 respondents per group. In this study, samples were taken using purposive sampling techniques. The results of the statistical test using the independent t-test yielded a p-value of 0.000 in the intervention group with a confidence level of 95% (0.05), so the alternative hypothesis (H_a) was accepted, indicating that foot massage has an effect on lowering blood pressure in hypertensive patients at the Cileunyi Health Center. Foot massage therapy is effective in lowering blood pressure. Therefore, it is hoped that there will be further interventions with complementary therapies in this study for lowering blood pressure in hypertensive patients or the development of foot massage therapy combined with other therapies.

Keywords: foot massage, hypertension, blood pressure