

**EFEKTIVITAS PEMBERIAN TERAPI RENDAM AIR HANGAT DAN RENDAMAN
AIR JAHE HANGAT TERHADAP TEKANAN DARAH PADA LANSIA DI
PUSKESMAS DARMARAJA**

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ABSTRAK

Hipertensi merupakan salah satu masalah kesehatan yang umum terjadi pada lansia dan menjadi faktor risiko utama penyakit kardiovaskular. Tingginya angka kejadian hipertensi pada lansia, ditambah rendahnya kepatuhan terhadap pengobatan farmakologis, menuntut adanya alternatif terapi yang aman dan mudah dilakukan. Terapi komplementer seperti rendaman kaki air hangat dan rendaman air jahe hangat dipercaya dapat membantu menurunkan tekanan darah secara alami. Penelitian ini bertujuan untuk mengetahui efektivitas terapi rendaman kaki air hangat dan rendaman air jahe hangat yang lebih efektif terhadap penurunan tekanan darah pada lansia. Metode: Penelitian ini menggunakan desain eksperimen with control grup dengan pendekatan *purposive sampling*. Sampel sebanyak 36 lansia yang dibagi menjadi dua kelompok: kelompok intervensi (rendaman air jahe hangat) dan kelompok kontrol (rendaman air hangat), masing-masing 18 orang. Intervensi dilakukan selama 4 minggu. Data tekanan darah diukur setiap minggu menggunakan alat digital tensimeter. Analisis data menggunakan analisa data univariat menggunakan uji normalitas yang tidak berdistribusi normal sehingga menggunakan uji wilxocon. Hasil penelitian menunjukkan terdapat penurunan tekanan darah yang signifikan pada kelompok intervensi dari minggu ke minggu ($p < 0,05$), dan perbedaan signifikan antara kelompok intervensi dan kontrol ($p = 0,000$). Tekanan darah kelompok intervensi mengalami penurunan total mencapai sekitar 9,39 mmHg dibanding kelompok kontrol. Kesimpulan: Terapi rendaman kaki dengan air jahe hangat lebih efektif dalam menurunkan tekanan darah pada lansia hipertensi dibandingkan rendaman air hangat biasa. Terapi ini dapat dijadikan alternatif nonfarmakologis dalam penatalaksanaan hipertensi pada lansia.

Kata kunci: Rendaman air hangat, Rendaman jahe hangat, Tekanan darah

THE EFFECTIVENESS OF WARM WATER FOOT SOAK AND GINGER WARM WATER FOOT SOAK THERAPY ON BLOOD PRESSURE IN THE ELDERLY AT DARMARAJA PUBLIC HEALTH CENTER

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ABSTRACT

Hypertension is a common health problem among the elderly and is a major risk factor for cardiovascular disease. The high prevalence of hypertension in older adults, coupled with low adherence to pharmacological treatment, highlights the need for alternative therapies that are safe, effective, and easy to implement. Complementary therapies such as warm foot soak and ginger-infused warm foot soak are believed to help lower blood pressure naturally and safely. Objective: This study aims to determine the effectiveness of warm foot soak and ginger warm foot soak therapy in reducing blood pressure in elderly individuals with hypertension. Methods: This study used an experimental design with a control group and a purposive sampling approach. A total of 36 elderly participants were divided into two groups: an intervention group (ginger warm foot soak) and a control group (warm water foot soak), with 18 respondents in each group. The intervention was carried out for four weeks. Blood pressure was measured weekly using a digital sphygmomanometer. Univariate data were analyzed using frequency distribution, and bivariate analysis was conducted using the Wilcoxon signed-rank test. Results: The study showed a significant decrease in blood pressure in the intervention group from week to week ($p < 0.05$), and a significant difference between the intervention and control groups ($p = 0.000$). The intervention group experienced a greater total reduction in systolic blood pressure, with an average decrease of approximately 9.39 mmHg compared to the control group. Conclusion: Ginger warm foot soak therapy is more effective in lowering blood pressure in elderly individuals with hypertension compared to regular warm foot soak therapy. This therapy can be considered a non-pharmacological alternative in the management of hypertension in the elderly.

Keywords: warm foot soak, ginger foot soak, blood pressure, hypertension