

INTISARI

PENGARUH TERAPI BENSON TERHADAP PENURUNAN TEKANAN DARAH PASIEN HEMODIALISIS DI RUMAH SAKIT UMUM MAGUAN HUSADA PRACIMANTORO WONOGIRI

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Latar belakang : Hipertensi merupakan kondisi yang umum dan masih menjadi permasalahan yang terus meningkat pada pasien hemodialisis (HD). Walaupun obat antihipertensi telah digunakan, namun hipertensi yang tidak terkontrol masih menjadi permasalahan utama pada pasien HD akibat tidak optimalnya perilaku perawatan diri pasien.

Tujuan: Mengetahui pengaruh terapi Benson terhadap tekanan darah pasien hemodialisis di rumah sakit umum Maguan Husada Pracimantoro Wonogiri.

Metode: Rancangan penelitian adalah *Pre eksperimental* dengan desain *One group pretest-posttest design*. Populasi dalam penelitian ini adalah 42 pasien hemodialisa pada bulan Agustus 2021. Teknik pengambilan sampel dalam penelitian ini menggunakan *purposive sampling* sebanyak 38 pasien hemodialisa. Penelitian ini telah dilakukan di ruang Hemodialisa Rumah Sakit Umum Maguan Husada Pracimantoro pada tanggal 08 November - 30 November 2021. Data penelitian di analisis menggunakan uji *Wilcoxon*.

Hasil: Tekanan darah sebelum dilakukan terapi Benson, tekanan darah paling banyak pada hipertensi tingkat 2 sebanyak 21 orang (55,3%). Tekanan darah setelah dilakukan terapi Benson, tekanan darah paling banyak pada hipertensi tingkat 1 sebanyak 12 orang (31,6%) dan hipertensi tingkat 2 sebanyak 12 orang (31,6%). Analisis uji *wilcoxon* diketahui *p value* 0,001 atau $p < 0,05$.

Kesimpulan: ada pengaruh terapi Benson terhadap tekanan darah pasien hemodialisis di rumah sakit umum Maguan Husada Pracimantoro Wonogiri.

Kata kunci : Terapi Benson, Tekanan darah, Hemodialisa

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ABSTRACT

THE EFFECT OF BENSON THERAPY ON REDUCING BLOOD PRESSURE OF HEMODIALYSIS PATIENTS IN GENERAL HOSPITAL MAGUAN HUSADA PRACIMANTORO WONOGIRI

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Background: Hypertension is a common condition and is still an increasing problem in hemodialysis (HD) patients. Although antihypertensive drugs have been used, uncontrolled hypertension is still a significant problem in HD patients due to non-optimal patient self-care behaviour.

Objectives: To determine the effect of Benson therapy on blood pressure of hemodialysis patients at Maguan Husada General Hospital Pracimantoro Wonogiri.

Method: Pre-experimental research design was One group pretest-posttest design. The population were 42 hemodialysis patients in August 2021. The sampling technique used purposive sampling with 38 hemodialysis patients. This research was carried out in the Hemodialysis Room of Maguan Husada Pracimantoro General Hospital from November 08 - November 30, 2021. The research data were analyzed using the Wilcoxon test.

Results: Blood pressure before Benson therapy was performed the highest blood pressure was in level 2 hypertension as many as 21 people (55.3%). Blood pressure after Benson therapy, the highest blood pressure was in level 1 hypertension as many as 12 people (31.6%) and level 2 hypertension as many as 12 people (31.6%). Wilcoxon test analysis has known p-value of 0.001 or $p < 0.05$.

Conclusion: There is an effect of Benson therapy on the blood pressure of hemodialysis patients at Maguan Husada General Hospital Pracimantoro Wonogiri.

Keywords: Benson Therapy, Blood Pressure, Hemodialysis

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