

INTISARI

PENGARUH KEAKTIFAN PIJAT REFLEKSI KAKI TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI PRIMER DI KLINIK BENETHES *REFLEXOLOGY* GUMPANG

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Latar Belakang: Terapi pijat refleksi kaki merupakan salah satu terapi non farmakologis untuk menurunkan tekanan darah dengan teknik pemijatan pada titik tertentu, untuk menghilangkan sumbatan dalam darah sehingga aliran darah dan energi di dalam tubuh kembali lancar. Tujuan penelitian ini untuk mengetahui pengaruh pijat refleksi kaki terhadap penurunan tekanan darah pada hipertensi primer.

Metode: Penelitian ini adalah *quasy-eksperimental* pendekatan *cross sectional* dengan *one group pretest – post test*. Populasi semua klien Benethes *Reflexology* yang berjumlah 36 orang. Teknik pengambilan sampel *purposive sampling* sehingga sampel yang digunakan 36 responden. Data tekanan darah diperoleh dari observasi terhadap tekanan darah sebelum dan sesudah dilakukan pijat refleksi kaki. Teknik analisis data menggunakan *Paired Sample T-Test*.

Hasil: (1) Nilai rerata tekanan darah sistolik sebelum 153,42 mmHg sesudah 146,72 mmHg, sehingga terjadi penurunan rerata tekanan darah sistolik 6,694 mmHg. (2) Nilai rerata tekanan darah diastolik sebelum 95,28 mmHg sesudah 90,89 mmHg, sehingga terjadi penurunan rerata tekanan darah diastolik 4,389 mmHg. (3) Analisis *Paired Sample T-Test* diperoleh hasil sebagai berikut: (a) Ada pengaruh pijat refleksi kaki terhadap penurunan tekanan darah sistolik pada penderita hipertensi primer, dibuktikan nilai $p < 0,0001$ ($p < 0,05$). (b) Ada pengaruh pijat refleksi kaki terhadap penurunan tekanan darah diastolik pada penderita hipertensi primer, dibuktikan nilai $p < 0,0001$ ($p < 0,05$).

Simpulan: Ada pengaruh yang signifikan pijat refleksi kaki terhadap penurunan tekanan darah pada penderita hipertensi primer

Kata Kunci: Pijat Refleksi Kaki, Penurunan Tekanan Darah, Hipertensi Primer

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ABSTRACT

THE EFFECT OF FEET REFLEXOLOGY MASSAGE ACTIVE ON BLOOD PRESSURE REDUCTION IN PRIMARY HYPERTENSION PATIENTS AT BENETHES REFLEXOLOGY CLINIC GUMPANG

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Background: Foot reflexology therapy is a non-pharmacological therapy to reduce blood pressure by using massage techniques in a particular area. It can remove blockages in the blood so that the blood can flow smoothly and make energy in the body recover. The study aims to determine the effect of foot reflexology on reducing blood pressure in primary hypertension.

Method: This research is a quasi-experimental cross sectional approach with one group pretest – post test. The population was all clients of Benethes Reflexology, with 36 clients. The sampling technique used purposive sampling with 36 respondents. Blood pressure data were obtained from observations of blood pressure before and after foot reflexology. The data analysis technique used Paired Sample T-Test.

Results: (1) The average value of systolic blood pressure indicates that before 153.42 mmHg and after 146.72 mmHg. It results in a decrease in the average systolic blood pressure of 6.694 mmHg. (2) The average diastolic blood pressure value shows that before 95.28 mmHg and after 90.89 mmHg. It decreases the average diastolic blood pressure of 4.389 mmHg. (3) Analysis of Paired Sample T-Test obtained the following results: (a) There is an effect of foot reflexology on decreasing systolic blood pressure in patients with primary hypertension with a p value of 0.0001 ($p < 0.05$). (b) There is an effect of foot reflexology on decreasing diastolic blood pressure in patients with primary hypertension with a p-value of 0.0001 ($p < 0.05$).

Conclusion: There is a significant effect of foot reflexology on reducing blood pressure in patients with primary hypertension

Keywords: Foot Reflexology, Decreasing Blood Pressure, Primary Hypertension

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