

EFEKTIVITAS KOMBINASI RELAKSASI OTOT PROGRESIF DAN RENDAM KAKI AIR HANGAT TERHADAP TEKANAN DARAH PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS GAMPING 2 YOGYAKARTA

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ABSTRAK

Hipertensi adalah salah satu penyakit kronis serius yang menyebabkan kerusakan organ dan kematian jika tidak ditangani. Salah satu penanganan untuk menurunkan tekanan darah yaitu dengan non farmakologis terapi kombinasi relaksasi otot progresif dan rendam kaki air hangat. Tujuan penelitian ini untuk mengetahui efektivitas kombinasi relaksasi otot progresif dan rendam kaki air hangat terhadap tekanan darah penderita hipertensi di wilayah kerja Puskesmas Gamping 2 Yogyakarta. Jenis penelitian *quasi eksperimen* metode *Time Series Design*. Populasi penelitian termasuk 56 responden kelompok intervensi dan kontrol (28 responden di setiap kelompoknya). Kelompok kontrol hanya dilakukan rendam kaki air hangat, sedangkan kelompok intervensi dilakukan kombinasi rendam kaki air hangat dan relaksasi otot progresif. Intervensi dilakukan selama 3 hari dalam kurun waktu 3 minggu, selama 20 menit setiap perlakuan. Analisis data dengan *repeated Measures ANOVA* dan *paired sampel t test*. Hasil penelitian menunjukkan penurunan tekanan darah sistol yang signifikan pada kelompok intervensi dan kontrol ($p=0,000$). Penurunan tekanan darah diastol kelompok intervensi signifikan ($p=0,000$), tetapi kelompok kontrol tidak terdapat perbedaan yang signifikan ($p=0,126$). Kesimpulan, kombinasi relaksasi otot progresif dan rendam kaki air hangat efektif dalam menurunkan tekanan darah penderita hipertensi.

Kata kunci : Relaksasi Otot Progresif, Rendam Kaki Air Hangat, Hipertensi

**EFFECTIVENESS OF COMBINATION PROGRESSIVE MUSCLE
RELAXATION AND WARM WATER FOOT SOAKING ON BLOOD
PRESSURE IN HYPERTENSION PATIENTS IN PUSKESMAS
GAMPING 2 YOGYAKARTA**

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ABSTRACT

Hypertension is one of serious chronic disease that cause organ damage and death if not treated. Musclue relaxation and warm water soaking are belived to be effective to decrease blood pressure. The objective of this study was to examine the effectiveness of combination of progressive muscle relaxation and warm watrer soaking on blood pressure among patiens with hypertension in Puskesmas Gamping 2 Yogyakarta. this was quasy eksperimental study with time series desing. Fifty six respondents were divided into control and experiment group (28 respondents each groups). The control group received warm water soaking only, while the experiment group received combination of progressive musclue relaxation and warm water soaking. Intervension was given 3 days a week with 3 week, for is 20 minuts. Data analysis with repeatead Measures ANOVA and paired sample t test. The results of this study showed that systolic blood pressure among control and experiment group was significantly decreased ($p=0,000$). the diastolic blood preassure among eksperimental group was significantly decreased ($p=0,000$), but not for those in control group ($p=0,126$). In conclusion, the combination of progressive musclue relaxation and warm water soaking are effectively decreased blood pressure among hypertensive patiens.

Keywords: Progressive Muscle Relaxation, Warm Water Soaking, Hypertension