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ABSTRAK

Latar belakang Hipertensi merupakan salah satu masalah utama yang sering dialami oleh pasien gagal ginjal kronis (GGK) yang menjalani terapi hemodialisa. Kondisi ini dapat meningkatkan risiko komplikasi kardiovaskular dan menurunkan kualitas hidup pasien. Penanganan hipertensi tidak hanya dilakukan secara farmakologis, namun juga dapat menggunakan pendekatan nonfarmakologis seperti *foot massage* (pijat kaki). Terapi ini dinilai efektif karena mampu meningkatkan sirkulasi darah, merangsang relaksasi, dan menurunkan aktivitas saraf simpatis sehingga tekanan darah menjadi lebih stabil. Penelitian ini bertujuan untuk mengetahui pengaruh penerapan *foot massage* terhadap penurunan tekanan darah pada pasien gagal ginjal kronis yang menjalani hemodialisa di RSD K.R.M.T. Wongsonegoro Kota Semarang.

Metode Penelitian ini menggunakan metode deskriptif dengan rancangan *one group pretest-posttest design*. Subjek penelitian terdiri dari 4 pasien yang menjalani terapi hemodialisa rutin dan mengalami hipertensi. Intervensi *foot massage* dilakukan dua kali dalam seminggu selama ± 15 menit pada setiap kaki. Pengukuran tekanan darah dilakukan sebelum dan sesudah terapi menggunakan *sphygmomanometer*, kemudian hasilnya dibandingkan.

Hasil Setelah dilakukan intervensi *foot massage*, seluruh responden mengalami penurunan tekanan darah sistolik sebesar 10–15 mmHg dan diastolik sebesar 5–7 mmHg. Selain itu, denyut nadi juga menurun rata-rata 3–5 kali per menit. Secara subjektif, pasien melaporkan penurunan keluhan seperti rasa tegang, pusing, dan gelisah, serta peningkatan kenyamanan dan kualitas tidur.

Kesimpulan Penerapan *foot massage* efektif dalam menurunkan tekanan darah pada pasien gagal ginjal kronis yang menjalani hemodialisa. Terapi ini dapat dijadikan intervensi keperawatan nonfarmakologis yang aman, mudah diterapkan, serta membantu meningkatkan kenyamanan dan relaksasi pasien selama menjalani terapi hemodialisa.

Kata Kunci: *Foot massage*, Tekanan darah, Gagal ginjal kronis, Hemodialisa, Terapi nonfarmakologis*

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ABSTRACT

Background: Hypertension is one of the main problems often experienced by chronic kidney failure (CKF) patients undergoing hemodialysis. This condition can increase the risk of cardiovascular complications and reduce the patient's quality of life. Hypertension management is not limited to pharmacological methods, but can also utilize non-pharmacological approaches such as foot massage. This therapy is considered effective because it can improve blood circulation, stimulate relaxation, and reduce sympathetic nerve activity, thus stabilizing blood pressure. This study aims to determine the effect of foot massage on reducing blood pressure in chronic kidney failure patients undergoing hemodialysis at K.R.M.T. Wongsonegoro Regional Hospital, Semarang City.

This research employed a descriptive method with a one-group pretest-posttest design. The subjects consisted of four patients undergoing regular hemodialysis therapy and experiencing hypertension. Foot massage intervention was performed twice a week for approximately 15 minutes on each foot. Blood pressure measurements were taken before and after therapy using a sphygmomanometer, and the results were then compared.

Results: After the foot massage intervention, all respondents experienced a decrease in systolic blood pressure of 10–15 mmHg and diastolic blood pressure of 5–7 mmHg. Furthermore, pulse rate decreased by an average of 3–5 beats per minute. Subjectively, patients reported a decrease in symptoms such as tension, dizziness, and anxiety, as well as improved comfort and sleep quality.

Conclusion: Foot massage is effective in lowering blood pressure in patients with chronic kidney disease undergoing hemodialysis. This therapy can be used as a safe, easy-to-implement non-pharmacological nursing intervention that helps increase patient comfort and relaxation during hemodialysis therapy.

Keywords: Foot massage, Blood pressure, Chronic kidney disease, Hemodialysis, Non-pharmacological therapy*