

Penerapan Terapi Tertawa Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi Di Panti Wredha Harapan Ibu Semarang

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Abstrak

Latar belakang: Hipertensi merupakan masalah kesehatan utama yang banyak terjadi pada lansia, dan terapi farmakologis sering tidak cukup untuk menurunkan tekanan darah secara optimal. Salah satu terapi komplementer yang dapat digunakan adalah terapi tertawa, yang dipercaya mampu menurunkan tekanan darah melalui pelepasan endorfin dan pengurangan stress

Tujuan: Mengetahui pengaruh terapi tertawa terhadap penurunan tekanan darah pada pasien hipertensi primer di Panti Wredha Harapan Ibu Semarang.

Metode: Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan one group pretest-posttest. Subjek penelitian terdiri dari 5 lansia yang mengalami hipertensi primer. Intervensi berupa terapi tertawa dengan menayangkan video lucu selama 10–15 menit setiap hari selama 3 hari. Pengukuran tekanan darah dilakukan sebelum dan sesudah intervensi pada masing-masing hari dengan alat bantu lembar observasi tekanan darah.

Hasil: Setelah dilakukan intervensi, seluruh responden mengalami penurunan tekanan darah baik sistolik maupun diastolik. Rata-rata tekanan darah sebelum terapi adalah 159/92 mmHg pada hari pertama dan menurun menjadi 144/82 mmHg pada hari ketiga.

Kesimpulan: Terapi tertawa terbukti efektif dalam menurunkan tekanan darah pada lansia dengan hipertensi. Terapi ini dapat menjadi alternatif intervensi nonfarmakologis yang sederhana, murah, dan menyenangkan dalam pengelolaan hipertensi di komunitas lansia.

Kata kunci: hipertensi, lansia, terapi tertawa, tekanan darah

***Implementation of Laughter Therapy to Lower Blood Pressure in Hypertension
Patients at Harapan Ibu Nursing Home, Semarang***

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Abstract

Background: Hypertension is a major health problem that often occurs in the elderly, and pharmacological therapy is often insufficient to optimally lower blood pressure. One complementary therapy that can be used is laughter therapy, which is believed to lower blood pressure through the release of endorphins and stress reduction.

Objective: To determine the effect of laughter therapy on lowering blood pressure in primary hypertension patients at Harapan Ibu Nursing Home, Semarang.

Methods: This study used a descriptive case study design with a one-group pretest-posttest approach. The study subjects consisted of five elderly people with primary hypertension. The intervention consisted of laughter therapy, which involved showing humorous videos for 10–15 minutes daily for three days. Blood pressure measurements were taken before and after the intervention on each day using a blood pressure observation sheet.

Results: After the intervention, all respondents experienced a decrease in both systolic and diastolic blood pressure. The average blood pressure before therapy was 159/92 mmHg on the first day and decreased to 144/82 mmHg on the third day.

Conclusion: Laughter therapy has been proven effective in lowering blood pressure in elderly people with hypertension. This therapy can be a simple, inexpensive, and enjoyable alternative non-pharmacological intervention for managing hypertension in the elderly community.

Keywords: hypertension, elderly, laughter therapy, blood pressure