

ABSTRAK

Aziz Wibowo

**PENGARUH TERAPI TERTAWA TERHADAP TEKANAN DARAH DAN
TINGKAT STRES PASIEN HEMODIALISA DI RSUD BENDAN KOTA
PEKALONGAN**

xiii + 63 Hal + 15 Tabel + 3 Gambar

Latar Belakang Pasien gagal ginjal kronis yang menjalani hemodialisa sering mengalami komplikasi berupa tekanan darah tidak stabil dan tingkat stres yang tinggi. Kondisi ini dapat menurunkan kualitas hidup pasien. Terapi non-farmakologis seperti terapi tertawa diyakini mampu menurunkan tekanan darah serta mengurangi stres melalui peningkatan produksi endorfin dan penurunan hormon kortisol. Namun, penelitian tentang efektivitas terapi tertawa pada pasien hemodialisa masih terbatas. Tujuan mengevaluasi pengaruh terapi tertawa terhadap tekanan darah dan tingkat stres pada pasien gagal ginjal kronis yang menjalani hemodialisa di RSUD Bendan Kota Pekalongan

Metode Penelitian ini merupakan kuasi eksperimen dengan rancangan one group pretest-posttest design. Sampel berjumlah 84 pasien hemodialisa di RSUD Bendan Kota Pekalongan yang dipilih menggunakan consecutive sampling sesuai kriteria inklusi dan eksklusi. Instrumen penelitian meliputi tensimeter digital/manual untuk tekanan darah dan kuesioner DASS-42 untuk tingkat stres. Analisis data menggunakan uji Wilcoxon Signed Rank Test dengan tingkat signifikansi $p < 0,05$. Penelitian ini telah memperoleh izin etik dari Komite Etik..

Hasil: Hasil penelitian menunjukkan adanya perbedaan signifikan pada tekanan darah dan tingkat stres sebelum dan sesudah pemberian terapi tertawa. Nilai p pada kedua variabel adalah $p < 0,05$, yang berarti terapi tertawa berpengaruh dalam menurunkan tekanan darah dan mengurangi tingkat stres pasien hemodialisa. Dengan demikian, tujuan penelitian untuk mengevaluasi pengaruh terapi tertawa terhadap tekanan darah dan tingkat stres pasien hemodialisa di RSUD Bendan Kota Pekalongan dapat tercapai..

Kesimpulan: Terapi tertawa terbukti efektif menurunkan tekanan darah dan tingkat stres pada pasien hemodialisa. Intervensi ini dapat menjadi alternatif terapi non-farmakologis dalam praktik keperawatan untuk meningkatkan kesejahteraan pasien.

Kata Kunci: terapi tertawa, tekanan darah, stres, hemodialisa

Daftar Pustaka: 48 (2019–2024)

**Nursing Study Program Bachelor's Program
Widya Husada University, Semarang
Semarang, July 2025**

ABSTRACT

Aziz Wibowo

**THE EFFECT OF LAUGHTER THERAPY ON BLOOD PRESSURE AND
STRESS LEVELS OF HEMODIALYSIS PATIENTS AT BENDAN REGIONAL
HOSPITAL, PEKALONGAN CITY**

xiii + 63 Pages + 15 Tables + 3 Figures

Background: Chronic kidney failure patients undergoing hemodialysis often experience complications such as unstable blood pressure and high stress levels. This condition can reduce their quality of life. Non-pharmacological therapies such as laughter therapy are believed to lower blood pressure and reduce stress by increasing endorphin production and decreasing cortisol levels. However, research on the effectiveness of laughter therapy in hemodialysis patients is limited. The objective was to evaluate the effect of laughter therapy on blood pressure and stress levels in chronic kidney failure patients undergoing hemodialysis at Bendan Regional Hospital, Pekalongan City.

Methods: This study was a quasi-experimental study with a one-group pretest-posttest design. The sample consisted of 84 hemodialysis patients at Bendan Regional Hospital, Pekalongan City, selected using consecutive sampling according to inclusion and exclusion criteria. The research instruments included a digital/manual sphygmomanometer for blood pressure and the DASS-42 questionnaire for stress levels. Data analysis used the Wilcoxon Signed Rank Test with a significance level of $p < 0.05$. This study has obtained ethical approval from the Ethics Committee.

Results: The results showed significant differences in blood pressure and stress levels before and after laughter therapy. The p -value for both variables was $p < 0.05$, indicating that laughter therapy was effective in lowering blood pressure and reducing stress levels in hemodialysis patients. Thus, the study's objective of evaluating the effect of laughter therapy on blood pressure and stress levels in hemodialysis patients at Bendan Regional Hospital, Pekalongan City, was achieved.

Conclusion: Laughter therapy has been proven effective in lowering blood pressure and stress levels in hemodialysis patients. This intervention can be an alternative non-pharmacological therapy in nursing practice to improve patient well-being.

Keywords: laughter therapy, blood pressure, stress, hemodialysis

References: 48 (2019–2024)