

Penerapan Terapi *Foot massage* untuk Menurunkan dan Menstabilkan Tekanan Darah pada Penderita Hipertensi di RS Ki Ageng Sedayu

Agung Gunaryo Praptomo¹, Heny Prasetyorini²

**¹Mahasiswa Prodi Pendidikan Profesi Ners Program Profesi
Universitas Widya Husada Semarang**

**²Dosen Prodi Pendidikan Profesi Ners Program Profesi
Universitas Widya Husada Semarang**

ABSTRAK

Latar Belakang: Hipertensi merupakan salah satu masalah kesehatan kronis yang prevalensinya terus meningkat dan berisiko menimbulkan komplikasi serius seperti stroke, penyakit jantung, dan gagal ginjal. Pengelolaan hipertensi umumnya menggunakan terapi farmakologis, namun kepatuhan pasien dan efek samping obat menjadi kendala. Oleh karena itu, diperlukan intervensi nonfarmakologis yang aman, mudah diterapkan, dan efektif. Terapi *foot massage* diketahui dapat memberikan efek relaksasi, meningkatkan sirkulasi darah, serta menurunkan aktivitas saraf simpatis yang berperan dalam peningkatan tekanan darah.

Tujuan: Mengetahui penerapan terapi *foot massage* dalam menurunkan dan menstabilkan tekanan darah pada penderita hipertensi di RS Ki Ageng Sedayu.

Metode: Penelitian ini menggunakan desain studi kasus deskriptif subjek penelitian terdiri dari 4 pasien hipertensi yang memenuhi kriteria inklusi. Intervensi berupa terapi *foot massage* diberikan selama 10–15 menit pada masing-masing kaki selama tiga hari berturut-turut. Pengukuran tekanan darah dilakukan sebelum dan sesudah intervensi menggunakan sphygmomanometer.

Hasil: Hasil penelitian menunjukkan seluruh responden mengalami penurunan tekanan darah setelah diberikan terapi *foot massage*. Rata-rata penurunan tekanan darah sistolik sebesar 18,75 mmHg dan tekanan darah diastolik sebesar 8,75 mmHg. Selain itu, responden melaporkan perasaan lebih rileks, berkurangnya nyeri kepala dan tegang leher, serta kualitas tidur yang lebih baik.

Kesimpulan: Terapi *foot massage* efektif dalam menurunkan dan menstabilkan tekanan darah pada pasien hipertensi. Terapi ini dapat dijadikan sebagai intervensi keperawatan nonfarmakologis yang aman, murah, mudah diterapkan, serta mendukung praktik keperawatan berbasis bukti dalam pengelolaan hipertensi.

Kata Kunci: *Foot massage*, Hipertensi, Tekanan Darah, Terapi Nonfarmakologis, Keperawatan

Implementation of Foot massage
Therapy to Lower and Stabilize Blood Pressure in
Hypertension Patients at Ki Ageng Sedayu Hospital
Agung Gunaryo Praptomo¹, Heny Prasetyorini²

¹Student of the Nursing Professional Education Program
Widya Husada University, Semarang

²Lecturer of the Nursing Professional Education Program
Widya Husada University, Semarang

ABSTRACT

Background: Hypertension is a chronic health problem with increasing prevalence and a risk of serious complications such as stroke, heart disease, and kidney failure. Management of hypertension generally uses pharmacological therapy, but patient compliance and medication side effects are challenges. Therefore, safe, easy-to-implement, and effective non-pharmacological interventions are needed. Foot massage therapy is known to provide relaxation, improve blood circulation, and reduce sympathetic nerve activity, which plays a role in increasing blood pressure.

Objective: To determine the application of foot massage therapy in lowering and stabilizing blood pressure in hypertension patients at Ki Ageng Sedayu Hospital. Methods: This study used a descriptive case study design. The subjects were four hypertensive patients who met the inclusion criteria. The intervention, foot massage therapy, was administered for 10–15 minutes to each foot for three consecutive days. Blood pressure measurements were taken before and after the intervention using a sphygmomanometer.

Results: The study showed that all respondents experienced a decrease in blood pressure after the foot massage therapy. The average decrease in systolic blood pressure was 18.75 mmHg and diastolic blood pressure was 8.75 mmHg. Furthermore, respondents reported feeling more relaxed, reduced headaches and neck tension, and improved sleep quality.

Conclusion: Foot massage therapy is effective in lowering and stabilizing blood pressure in hypertensive patients. This therapy can be used as a safe, inexpensive, and easy-to-implement non-pharmacological nursing intervention that supports evidence-based nursing practice in the management of hypertension.

Keywords: Foot massage, Hypertension, Blood Pressure, Non-pharmacological Therapy, Nursing

