

ABSTRAK

**SEKOLAH TINGGI ILMU KESEHATAN BINA HUSADA
PALEMBANG PROGRAM STUDI KEPERAWATAN
Skripsi, April 2024**

HELMARCAN

PENGARUH TERAPI PIJAT REFLEKSI KAKI TERHADAP PENURUNAN TEKANAN DARAH DI PUSAT REFLEKSI KAKI CABANG MERDEKA PALEMBANG TAHUN 2024

Menurut WHO (2013), Indonesia adalah negara dengan prevalensi hipertensi tertinggi ke-2 setelah Myanmar untuk kawasan Asia Tenggara yaitu sekitar 36,6%. BALITBANGKES (hasil riset kesehatan dasar 2013) menyatakan prevalensi hipertensi secara nasional mencapai 25,8%. Risdas (2017). Terapi pijat refleksi merupakan terapi untuk mengurangi tekanan darah. Tujuan penelitian ini untuk mengetahui pengaruh terapi pijat refleksi terhadap penurunan tekanan darah.

Jenis penelitian kuantitatif desain *quasy-eksperiment pre and post test without control*. Pengambilan sampel dengan teknik *pusposive sampling*. Jumlah sampel adalah 36 responden. Tekanan darah diukur menggunakan *sphygmomanometer* dan dianalisis menggunakan *Uji Wilcoxon*.

Berdasarkan hasil penelitian dapat diketahui bahwa responden yang mengalami penurunan tekanan darah setelah dilakukan terapi pijat refleksi sebanyak 32 responden. Sedangkan responden yang tekanan darahnya sama sebelum dan setelah dilakukan pijat refleksi kaki ada 4 responden dan tidak ada responden yang mengalami peningkatan tekanan darah. Responden yang tidak mengalami penurunan tekanan darah sebelum dan setelah dilakukan pijat refleksi kaki.

Hasil *Uji Wilcoxon* menunjukkan adanya pengaruh terapi pijat refleksi terhadap penurunan tekanan darah secara bermakna dengan hasil *p-value* 0,000 (*p-value* < 0,05) maka H_0 ditolak dan H_a diterima.

Nilai rerata tekanan darah sistolik sebelum dilakukan pijat refleksi sebesar 151,02 dan nilai rerata tekanan darah diastolik sebesar 92,15. Nilai rerata tekanan darah sistolik sesudah dilakukan pijat refleksi sebesar 131,18 dan nilai rerata tekanan darah diastolik sebesar 81,88. Ada pengaruh terapi pijat refleksi terhadap tingkat penurunan tekanan darah di pusat refleksi cabang merdeka yang dibuktikan dengan nilai signifikansi uji wilcoxon lebih kecil dari taraf kesalahan 5% (*p-value*: 0,000 < 0,05),

Dari hasil penelitian ini dapat dimanfaatkan sebagai tambahan referensi bagi terapis, bagi pengunjung dan sebagai peneliti selanjutnya untuk mengetahui bahwa ada pengaruh pijat refleksi kaki untuk penurunan tekanan darah selain mengkonsumsi obat.

Kata Kunci : Hipertensi, tekanan darah, terapi pijat refleksi kaki

Daftar Pustaka: 38 literatur (2008-2017)

ABSTRACT

**BINA HUSADA HIGH SCHOOL OF HEALTH SCIENCES
PALEMBANG NURSING STUDY PROGRAM
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HELMARCAN

THE EFFECT OF FOOT REFLECTION MASSAGE THERAPY ON REDUCING BLOOD PRESSURE AT THE FOOT REFLECTION CENTER BRANCH MERDEKA PALEMBANG IN 2024

According to WHO (2013), Indonesia is the country with the 2nd highest prevalence of hypertension after Myanmar in the Southeast Asia region, namely around 36.6%. BALITBANGKES (2013 basic health research results) stated that the national prevalence of hypertension reached 25.8%. Riskesdas (2017). Reflexology massage therapy is a therapy to reduce blood pressure. The aim of this study was to determine the effect of reflexology therapy on reducing blood pressure.

This type of quantitative research is a quasi-experiment design, pre and post test without control. Sampling was taken using a purposive sampling technique. The number of samples was 36 respondents. Blood pressure was measured using a sphygmomanometer and analyzed using the Wilcoxon Test.

Based on the research results, it can be seen that 32 respondents experienced a decrease in blood pressure after reflexology massage. Meanwhile, there were 4 respondents whose blood pressure was the same before and after foot reflexology massage and no respondents experienced an increase in blood pressure. Respondents who did not experience a decrease in damh pressure before and after foot reflexology massage.

The Wilcoxon Test results show that there is an effect of reflexology therapy on reducing blood pressure significantly with a p-value of 0.000 (p-value < 0.05), so H_0 is rejected and H_a is accepted.

The average value of systolic blood pressure before reflexology was 151.02 and the average value of diastolic blood pressure was 92.15. The average value of systolic blood pressure after reflexology was 131.18 and the average value of diastolic blood pressure was 81.88. There is an influence of reflexology tempi on the level of blood pressure reduction at the independent branch reflexology center as evidenced by the significance value of the Wilcoxon test which is smaller than the 5% error level (p-value: $0.000 < 0.05$),

The results of this research can be used as additional reference for therapists, for visitors and as further researchers to find out that there is an effect of foot reflexology massage on reducing blood pressure apart from taking medication.

Keywords:Hypertension, blood pressure, foot reflexology massage therapy

Bibliography:38 literature (2008-2017)