

**PROGRAM ILMU KEPERAWATAN DAN KESEHATAN**

**UNIVERSITAS MUHAMMADIYAH SEMARANG**

**STUDI ILMU KEPERAWATAN**

**FAKULTAS**

Skripsi,

Istiqomah

**PENGARUH RELAKSASI DAN TERAPI MUSIK TERHADAP TEKANAN DARAH PADA HIPERTENSI LANSIA DI UNIT REHABILITASI SOSIAL PUCANG GADING SEMARANG**

Xii + 61 Halaman + 8 Lampiran + 7 Tabel

**Abstrak**

Hipertensi merupakan masalah utama yang sering dialami oleh lansia. Penanganannya bisa dilakukan dengan farmakologi dan non farmakologi salah satunya yaitu dengan menggunakan relaksasi dan terapi musik. Penelitian ini dilakukan di Aula Unit Rehabilitasi Sosial Pucang Gading Semarang pada 26-30 juni 2018 dengan desain *pre and post with control* menggunakan teknik *purposive random sampling* mengikut sertakan kelompok terkontrol dan kelompok intervensi. Jumlah populasi 68 lansia, *sampel* sebanyak 21 responden. Kelompok pertama diberikan intervensi relaksasi dan terapi musik selama 15 menit, kelompok kedua diberikan intervensi relaksasi dan terapi musik selama 30 menit serta kelompok ketiga yaitu kelompok kontrol atau tanpa perlakuan. Hasil uji statistik Kruskal Wallis diperoleh *p value* sistolik pre-post antara kelompok yaitu 0.010 sedangkan *p value* diastolik pre-post antar kelompok yaitu 0.014 serta nilai *p value* deltasistolik maupun deltadiastolik sebesar 0.001, sehingga dapat disimpulkan ada pengaruh relaksasi dan terapi musik terhadap tekanan darah pada hipertensi lansia di Unit Rehabilitasi Sosial Pucang Gading Semarang. Rekomendasi dari penelitian ini untuk pelayanan kesehatan dijadikan dalam melakukan asuhan keperawatan non farmakologis pada pasien hipertensi

Kata kunci : Relaksasi, Terapi Musik, Hipertensi, Lansia.

Pustaka : 38 Jurnal + 30 buku (2000- 2017)

NURSING SCIENCE STUDY PROGRAM  
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Essay,  
Istiqomah

EFFECT OF MUSIC RELAXATION AND THERAPY ON BLOOD PRESSURE  
ON ELDERLY HYPERTENSION IN PUCANG GADING SOCIAL  
REHABILITATION UNIT, SEMARANG

Xii + 61 Pages + 8 Appendix + 7 Tables

**Abstract**

Hypertension is a major problem that is often experienced by the elderly. Penanganannya can do with pharmacological and non pharmacological one i.e. by using relaxation and music therapy. This research was conducted in the Hall for Social Rehabilitation Unit in Pucang Gading Semarang on November 26-30 2018 with pre and post with control using purposive random sampling technique requiring a controlled group and group interventions. Population numbers 68 elderly, as many as 21 samples of respondents. The first group of diberikan relaxation and therapeutic music intervention for 15 minutes, the second group given relaxation and therapeutic music intervention for 30 minutes and the third group, namely the control group or with no treatment. The results of statistical tests Kruskal Wallis obtained p value systolic pre – post between groups, whereas 0.010 p value diastolic pre-post between groups that is 0.014 and p values deltasistolik or deltadiastolik value of 0.001, so can It was concluded there was relaxation and influence of music therapy on blood pressure of hypertension elderly Social Rehabilitation Unit in Pucang Gading Semarang. Recommendations from this study for health services was made in doing non pharmacological nursing care in patients of hypertension.

Keywords: relaxation, music therapy, hypertension, elderly.

Library Journal 38: + 30 books (2000-2017)

