

**PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN  
UNIVERSITAS MUHAMMADIYAH SEMARANG**

Skripsi, September 2020  
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**Literature Review : Pengaruh Senam Anti Stroke dan Aromaterapi  
Lavender Terhadap Tingkat Stress Penderita Hipertensi**

**ABSTRAK**

**Latar Belakang :** Stres merupakan faktor pencetus, penyebab sekaligus akibat terhadap gangguan kesehatan, salah satunya hipertensi. Terdapat dua penanganan stres pada penderita hipertensi yaitu teknik farmakologis dan non farmakologis. Namun, teknik farmakologis memiliki kelemahan, yaitu terdapat efek samping penggunaan obat, ketergantungan, dan dalam jangka waktu yang lama dapat menyebabkan kerusakan organ tubuh. Maka, teknik non farmakologi dipilih karena dirasa lebih aman. Beberapa teknik nonfarmakologi diantaranya adalah olahraga dan aromaterapi. **Tujuan :** untuk memperoleh pengaruh terapi senam anti stroke dan aromaterapi lavender terhadap tingkat stres pada penderita hipertensi berdasarkan literature review. **Metode :** Pencarian literatur secara online melalui database menggunakan kata kunci sesuai variabel, didapatkan 12 artikel yang dianalisis dan ditarik kesimpulan. 53% artikel telah terindeks scopus. **Hasil :** 12 artikel yang ditelaah berisi 6 artikel mengenai pemberian terapi aktivitas dan 6 artikel mengenai pemberian aromaterapi lavender. Hasil menunjukkan bahwa melakukan aktivitas fisik dengan intensitas ringan selama minimal 20 menit sebanyak 3 kali seminggu secara teratur dan pemberian aromaterapi lavender 2 tetes dengan metode inhalasi selama 30 menit efektif mengurangi stres. **Simpulan :** Senam anti stroke dan aromaterapi lavender sama-sama efektif untuk mengurangi stres pada penderita hipertensi. **Saran :** diharapkan penelitian ini bisa menjadi sumber informasi yang dibutuhkan dalam pendidikan untuk menambah wawasan terkait teknik non farmakologi yang bisa diberikan pada penderita hipertensi.

**Kata Kunci :** Stress, hipertensi, aromaterapi lavender, senam, aktivitas fisik

**UNDERGRADUATE NURSING STUDY PROGRAM  
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***Literature Review : Anti-Stroke Gymnastic and Lavender Aromatherapy Effect  
toward Stress Levels in Patients with Hypertension***

**ABSTRACT**

**Background:** Stress is a trigger and causal factors due to health problems, such as hypertension. There are two treatments for stress in patients with hypertension, namely pharmacological and non-pharmacological techniques. Yet, pharmacological techniques have shortcoming. There are side effects of drug use, dependence, and in the long term, it can cause organ damage. Thus, non-pharmacological techniques are chosen because they are considered safer. Some of the non-pharmacological techniques include gymnastic and aromatherapy. **Objective:** to obtain the effect of anti-stroke gymnastic and lavender aromatherapy toward stress levels in patients with hypertension based on a literature review. **Methods:** Online literature search was through a database using keywords according to variables. It was obtained 12 articles that were analyzed and concluded. 58% articles have been indexed by Scopus. **Result:** 12 reviewed articles consist of 6 articles about giving activity therapy and 6 articles about administration of lavender aromatherapy. The results show that conducting physical activity with light intensity for at least 20 minutes 3 times a week regularly and giving 2 drops of lavender aromatherapy with the inhalation method for 30 minutes are effective in reducing stress. **Conclusion:** Anti-stroke gymnastic and lavender aromatherapy have the same effectiveness in reducing stress in people with hypertension. **Suggestion:** it is expected that this research can become a source of information needed in education to broaden insights regarding non-pharmacological technique that can be given to patients with hypertension. **Keywords:** Stress, Hypertension, Lavender Aromatherapy, Gymnastic, Physical Activity