

**FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN**

**UNIVERSITAS MUHAMMADIYAH SEMARANG**

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**Pengaruh Aromaterapi Lavender Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi: *Literature Review***

xv + 53 hal + 12 tabel + 7 lampiran +

1 skema + 2 gambar

**Abstrak**

Hipertensi merupakan salah satu penyakit tidak menular yang banyak diderita oleh masyarakat, kondisi dimana terjadi peningkatan tekanan darah diatas normal dengan nilai sistolik  $>140\text{mmHg}$  dan diastolik  $>90\text{mmHg}$ . Penatalaksanaan hipertensi dapat berupa farmakologis dengan pemberian obat-obatan antihipertensi dan nonfarmakologis dengan terapi komplementer, salah satunya inhalasi aromaterapi lavender yang memberikan efek relaksasi sistem limbik di hipotalamus sehingga mempengaruhi aktivitas saraf otonom dan kerja jantung yang mengakibatkan terjadinya penurunan tekanan darah. Tujuan: menganalisis pengaruh aromaterapi lavender terhadap tekanan darah pada penderita hipertensi. Jenis penelitian *Systematic Literature Review (SLR)* dengan metode pencarian instrumen PICOC. Hasil review dari ke 5 literatur menyatakan bahwa aromaterapi lavender dapat menurunkan tekanan darah, dibuktikan dari hasil uji statistik ke 5 literatur didapatkan hasil  $p\text{-value} (<0,05)$  yang berarti ada perbedaan tekanan darah sebelum dan sesudah pemberian aromaterapi lavender. Kesimpulan: Pemberian aromaterapi lavender efektif dalam menurunkan tekanan darah pada penderita hipertensi. Rekomendasi penelitian ini diharapkan dapat digunakan sebagai terapi alternatif dalam manajemen hipertensi.

Kata kunci : Aromaterapi Lavender, Tekanan Darah, Hipertensi, Saraf Otonom

Sumber : 48 (2010-2020)

**PROGRAM STUDI S1 ILMU KEPERAWATAN**

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***Effect of Aromatherapy Lavender Against Decrease Pressure Blood In Patients with Hypertension : Literature Review***

xv + 53 pages + 12 tables + 7 attachments + 1 scheme + 2 pictures

***Abstract***

*Hypertension is one of the disease is not contagious that many suffered by the community, a condition where there is an increase in blood pressure above normal with a systolic value > 140mmHg and diastolic > 90mmHg. Management of hypertension can be pharmacologically by administration of drugs antihypertensive and nonpharmacologic with therapy complementary , one of which inhalation aromatherapy lavender which give the effect of relaxation system limbic in the hypothalamus that affect the activity of the nervous autonomic and working heart which resulted in the decrease of blood pressure. Objective : to analyze the effect of lavender aromatherapy on blood pressure in people with hypertension . This type of research is Systematic Literature Review (SLR) with the PICOC instrument search method . The results of a review of all five literature states that aromatherapy lavender can decrease the pressure of blood , evidenced from the results of the test statistic to 5 literature obtained result p value (<0.05), which means that there is a difference of pressure of blood before and after administration of aromatherapy lavender. Conclusion : Giving aromatherapy lavender effective in lowering the pressure of the blood in patients with hypertension . This research recommendation is expected to be used as an alternative therapy in hypertension management .*

*Keywords : Aromatherapy Lavender, Pressure Blood , Hypertension , Nerves Autonomus*

*Source : 48 (2010-2020)*

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