

**PROGRAM STUDI S1 ILMU KEPERAWATAN
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Kombinasi Terapi Musik Alam dan Aromaterapi Mawar Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi di Wilayah Kedungmundu Semarang

ABSTRAK

Insiden hipertensi semakin meningkat diikuti dengan tingginya komplikasi dan mortalitas akibat hipertensi. Pengendalian tekanan darah diperlukan untuk meningkatkan kualitas hidup pasien hipertensi diantaranya dengan manajemen non farmakologi. Manajemen hipertensi non farmakologi salah satunya adalah kombinasi terapi musik alam dan aromaterapi mawar. Tujuan penelitian ini adalah menganalisis pengaruh kombinasi terapi musik alam dan aromaterapi mawar terhadap penurunan tekanan darah pada pasien Hipertensi di wilayah Kedungmundu Semarang. Desain penelitian *Quasy Eksperimen one group pretest and posttest design*. Sampel sejumlah 16 responden dipilih dengan *purposive sampling*. Hasil penelitian menunjukkan kombinasi terapi musik alam dan aromaterapi mawar efektif menurunkan tekanan darah pada pasien hipertensi ($p\text{ value} = 0.000$). Rekomendasi penelitian ini diharapkan perawat dapat mengajarkan penderita untuk melakukan intervensi kombinasi terapi musik alam dan aromaterapi mawar.

Kata kunci : hipertensi, musik alam, aromaterapi mawar

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***Combination of Natural Music Therapy and Rose Aromatherapy Against Pressure Reduction
Blood in Hypertension Patients in Kedungmundu Semarang Region***

Abstract

The incidence of hypertension is increasing, followed by high complications and mortality due to hypertension. Blood pressure control is needed to improve the quality of life of hypertensive patients, including non-pharmacological management. One of the non-pharmacological hypertension management is a combination of natural music therapy and rose aromatherapy. The purpose of this study was to analyse the effect of combination of natural music therapy and rose aromatherapy on reducing blood pressure in hypertensive patients in the Kedungmundu area of Semarang. Quasy Eksperimen research design one group pretest and posttest design. A sample of 16 respondents was selected by purposive sampling. The result showed that the combination of natural music therapy and rose aromatherapy was effective in reducing blood pressure in hypertensive patients (p value = 0.000). The recommendations of this study are expected that nurses can teach patients to intervene in a combination of natural music therapy and rose aromatherapy.

Keywords : *hypertension, natural music, rose aromatherapy*