

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

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*Literature Review: Perbedaan Efektifitas Antara Terapi SEFT Dan Aromaterapi
Lavender Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi Primer*

vi + 47 Halaman + 6 Tabel + 4 Lampiran + 3 Skema

Abstrak

Latar Belakang: Hipertensi merupakan penyakit idiopatik yang tidak menunjukkan gejala secara fisik namun dapat menyebabkan kematian disebut dengan the silent killer. Hipertensi perlu penatalaksanaan yang baik agar tidak menimbulkan komplikasi penyakit lain, baik penatalaksanaan farmakologi maupun non farmakologi. Penatalaksanaan non farmakologi yang dapat mengontrol tekanan darah diantaranya terapi SEFT dan aromaterapi Lavender. **Tujuan Penelitian:** Untuk mengetahui perbedaan efektifitas antara terapi SEFT dan aromaterapi lavender terhadap penurunan tekanan darah. **Metode penelitian:** Dengan menggunakan literature review. Pencarian sampel literatur menggunakan 6 database dan didapatkan 9 artikel penelitian eksperimen. Pemilihan studi, ekstraksi data dan validasi dilakukan secara independen oleh peneliti. **Hasil Penelitian:** 4 penelitian terapi SEFT menunjukkan efek yang signifikan terhadap tekanan darah sistolik dan diastolik, 2 penelitian aromaterapi lavender memberikan efek menguntungkan namun tidak untuk tekanan darah diastolik dan 3 penelitian menunjukkan aromaterapi lavender tidak memberikan efek yang signifikan terhadap tekanan darah. **Simpulan:** Ada perbedaan efektifitas antara terapi SEFT dan aromaterapi lavender yaitu terapi SEFT ditemukan lebih memberikan efek yang signifikan dibandingkan dengan aromaterapi lavender dalam menurunkan tekanan darah penderita hipertensi. **Saran:** Diharapkan perawat dapat menerapkan pemberian terapi SEFT sebagai alternatif pengobatan untuk penanganan hipertensi.

Kata kunci : Terapi SEFT, aromaterapi lavender, tekanan darah

Pustaka : 43 (2009 – 2020)

NURSING PROGRAM
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Literature Review: The Difference between the Effectiveness of SEFT Therapy and Lavender Aromatherapy to Reduce Blood Pressure In Patients with Primary Hypertension

viii + 47 Pages + 6 Tables + 4 Appendixes + 3 Charts

Background: Hypertension is an idiopathic disease that does not show physical symptoms but can cause death. This is how the disease is called the silent killer. Hypertension needs good management to avoid complications of other diseases. The management techniques are both pharmacological and non-pharmacological. The non-pharmacological management to control blood pressure includes SEFT therapy and Lavender aromatherapy. **Objective:** To determine the difference between the effectiveness of SEFT therapy and lavender aromatherapy in reducing blood pressure. **Method:** This research used a literature review. The literature was obtained were nine experimental research articles from six databases. The study selection, data extraction, and validation were carried out independently by the researcher. **Result:** four studies about SEFT therapy showed a significant effect on systolic and diastolic blood pressure. Two studies about lavender aromatherapy provide beneficial effects except on diastolic blood pressure. Three studies show that lavender aromatherapy has no significant effect on blood pressure. **Conclusion:** There is a difference in the effectiveness of SEFT therapy and lavender aromatherapy. SEFT therapy was found to provide a significant effect compared to lavender aromatherapy in reducing blood pressure in patients with hypertension. **Suggestion:** It is expected that nurses can apply SEFT therapy as an alternative treatment as hypertension management.

Keywords: SEFT therapy, lavender aromatherapy, blood pressure

References: 43 (2009 – 2020)