

**FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN**

**PROGRAM STUDI ILMU KEPERAWATAN**

**UNIVERSITAS MUHAMMADYAH SEMARANG**

Skripsi, Juli 2020

**Muhammad Reza, NIM G2A016006**

**Kombinasi Rendam Kaki Air Hangat dan Aromaterapi Lavender Terhadap Penurunan Tekanan Darah pada Pasien Hipertensi Di Klinik Rawat Inap Khoir Akbar Karangawen**

### **ABSTRAK**

Prevalensi Hipertensi semakin meningkat dan diikuti dengan timbulnya berbagai komplikasi. Intervensi non farmakologi dapat diberikan pada pasien penderita hipertensi adalah teknik relaksasi, antara lain kombinasi terapi merendam kaki dengan air hangat dan aromaterapi lavender. Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi rendam kaki dengan air hangat dan aromaterapi lavender terhadap penurunan tekanan darah pada pasien hipertensi. Desain penelitian *kuasi eksperimen* dengan rancangan *pre and post test*, teknik pengambilan sampelnya menggunakan *purposive sampling* dengan total sampel sebanyak 16 orang. Hasil penelitian ini menunjukkan setelah diberikan kombinasi terapi merendam kaki dengan air hangat dan aromaterapi lavender rata-rata penurunan tekanan darah sistol sebesar 8,7 mmHg dan tekanan diastolnya 3,5 mmHg. Kombinasi rendam kaki air hangat dan aromaterapi lavender berpengaruh terhadap penurunan tekanan darah pasien hipertensi (*p value 0,000*). Kombinasi rendam kaki air hangat dan aromaterapi lavender dapat dijadikan alternatif intervensi non farmakologi untuk menurunkan tekanan darah pada pasien hipertensi.

Kata kunci : Hipertensi, Tekanan darah, Rendam kaki, Aromaterapi lavender.

**FACULTY OF NURSING AND HEALTH SCIENCE  
NURSING SCIENCE STUDY PROGRAM  
MUHAMMADYAH UNIVERSITY SEMARANG**

*Thesis, July 2020*

*Muhammad Reza, NIM G2A016006*

***Combination of Warm Water Foot Soak and Lavender Aromatherapy Against Lowering Blood Pressure in Hypertensive Patients at Inpatient Clinic of Khoir Akbar Karangawen***

**ABSTRACT**

*The prevalence of hypertension is increasing and is followed by the emergence of various complications. Non-pharmacological interventions that can be given to patients with hypertension are relaxation techniques, including a combination of foot soaking in warm water and lavender aromatherapy. This study aims to determine the effect of a combination of foot soaking with warm water and lavender aromatherapy on reducing blood pressure in hypertensive patients. Quasi-experimental research design with pre and post test design, the sampling technique used purposive sampling with a total sample of 16 people. The results of this study showed that after being given a combination of soaking feet with warm water and lavender aromatherapy, the average reduction in systolic blood pressure was 8.7 mmHg and the diastolic pressure was 3.5 mmHg. The combination of warm foot soak and lavender aromatherapy has an effect on reducing blood pressure in hypertensive patients (p value 0,000). The combination of warm foot soak and lavender aromatherapy can be used as an alternative non-pharmacological intervention to reduce blood pressure in hypertensive patients.*

**Key words:** *hypertension, blood pressure, foot soak, lavender aromatherapy.*