

**PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
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Pengaruh Terapi ‘Rekahara’ Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi Di Puskesmas Kedungmundu Semarang

X + 59 Halaman + 9 Tabel + 4 Skema + Lampiran

Abstrak

Hipertensi merupakan penyakit *degenerative* (keturunan) yang merupakan suatu keadaan dimana seseorang mengalami peningkatan tekanan darah diatas 140/90 mmHg. Selain terapifarmakologi, penatalaksanaanhipertensidapatmenggunakanterapi nonfarmakologi salah satunya terapi rendam kaki air hangat. Penelitian ini bertujuan mengetahui pengaruh terapi ‘Rekahara’ terhadap penurunan tekanan darah di Puskesmas Kedungmundu Semarang. jumlah sampel 20 responden yang memenuhi kriteria inklusi dan bertempat tinggal di wilayah kerja Puskesmas Kedungmundu Semarang. Metode penelitian ini adalah *experimental research* yang menggunakan teknik *one group pretest dan posttest*. Hasil penelitian menunjukkan ada pengaruh tekanan darah sistolik dan diastolik sebelum dan sesudah diberi terapi ‘Rekahara’ di Puskesmas Kedungmundu Semarang dengan hasil uji *paired t test* didapatkan bahwa *p value* 0,000 ($\alpha < 0,05$). Kesimpulan dari penelitian ini, terapi ‘Rekahara’ efektif terhadap penurunan tekanan darah di Puskesmas Kedungmundu. Rekomendasi penelitian ini agar mampu mengaplikasikan terapi ‘Rekahara’ untuk menjaga tekanan darah selama menderita hipertensi.

Kata kunci : Rendam kaki air hangat; tekanan darah; hipertensi

Pustaka : 62 (2000-2019)

**NURSING PROGRAM
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The Effect of 'Rekahara' Therapy on Reducing Blood Pressure in Hypertension Patients at Kedungmundu Public Health Center, Semarang

X + 59 Pages + 9 Tables + 4 Charts + Appendix

Abstract

Hypertension is a degenerative disease (hereditary), which is a condition in which a person experiences an increase in blood pressure above 140/90 mmHg. In addition to pharmacological therapy, management of hypertension can also use non-pharmacological therapy, namely warm water foot soak therapy. The objective of this study was to determine the effect of "Rekahara" therapy on blood pressure reduction at Kedungmundu Public Health Center, Semarang. The sample was 20 respondents who fulfill the inclusion criteria and reside in the working area of the Kedungmundu Public Health Center, Semarang. This research used experimental research by using one group pretest and posttest techniques. The results showed that there was an effect of systolic and diastolic blood pressure before and after being given "Rekahara" therapy at the Kedungmundu Public Health Center, Semarang. The results of the paired t-test showed that the p-value was 0,000 ($\alpha < 0.05$). The conclusion of this study is "Rekahara" therapy was effective in reducing blood pressure at Kedungmundu Public Health Center, Semarang. The recommendation of this study is to be able to apply the "Rekahara" therapy to maintain blood pressure during hypertension.

Keywords : Foot Soak using warm water; blood pressure; hypertension

References : 62 (2000-2019)