

ABSTRAK

Pengaruh Terapi Bekam terhadap Penurunan Tekanan Darah pada Pasien

Hipertensi di Klinik Terapi *Classic Thibbun Nabawi* Surabaya

Meitasari Nurhidayah

Email : meitasarinur16@gmail.com

Dosen Pembimbing : Joko Suwito, Sri Utami, Lembunai Tat Alberta

Latar Belakang : Hipertensi merupakan kondisi medis yang ditandai dengan peningkatan tekanan darah di atas nilai normal. Terapi bekam basah telah dikenal sebagai metode pengobatan tradisional yang diyakini efektif dalam mengelola berbagai masalah kesehatan, termasuk hipertensi. **Tujuan :** Mengetahui pengaruh terapi bekam basah terhadap penurunan tekanan darah pada pasien hipertensi. **Metode :** Penelitian ini menggunakan desain *clinical observational (observational non group design)* dengan sampel 23 pasien yang dipilih melalui teknik *simple random sampling*. Terapi bekam basah sebagai variabel independen dengan alat ukur SOP terapi bekam (PBI). Tekanan darah sebagai variabel dependen diukur menggunakan tensi digital dan lembar observasi. **Analisis Data :** Menggunakan *Wilcoxon Match Pairs Test*. **Hasil :** *Wilcoxon Match Pairs Test* didapatkan tekanan darah sistolik menunjukkan *p value* 0.000 (<0.05) dan pada tekanan darah diastolik menunjukkan *p value* 0.000 (<0.05) yang artinya terdapat pengaruh terapi bekam terhadap penurunan tekanan darah di Klinik Terapi *Classic Thibbun Nabawi* Surabaya. **Kesimpulan :** Terapi bekam basah dapat menjadi salah satu terapi non farmakologis dalam penyembuhan penyakit hipertensi.

Kata Kunci : Bekam Basah, Penurunan Tekanan Darah, Hipertensi.

ABSTRACT

The Effect of Cupping Therapy on Lowering Blood Pressure in Hypertension

Patients at the Classic Thibbun Nabawi Therapy Clinic Surabaya

Meitasari Nurhidayah

E-mail : meitasarinur16@gmail.com

Supervisor : Joko Suwito, Sri Utami, Lembunai Tat Alberta

Background : Hypertension is a medical condition characterized by an increase in blood pressure above normal values. Wet cupping therapy has been known as a traditional treatment method that is believed to be effective in managing various health problems, including hypertension. **Objective :** To determine the effect of wet cupping therapy on reducing blood pressure in hypertensive patients. **Method :** This study used a clinical observational design (observational non-group design) with a sample of 23 patients selected through a simple random sampling technique. The study used wet cupping therapy as an independent variable, measuring it with an SOP cupping therapy (PBI) instrument. We measured blood pressure as a dependent variable using digital tension and observation sheets. **Data Analysis :** Using the Wilcoxon Match Pairs Test. **Results :** The Wilcoxon Match Pairs Test showed that systolic blood pressure showed a p-value of 0.000 (<0.05) and diastolic blood pressure showed a p-value of 0.000 (<0.05), which means that there is an effect of cupping therapy on reducing blood pressure at the Classic Thibbun Nabawi Therapy Clinic, Surabaya. **Conclusion :** Thus, wet cupping therapy can be one of the non-pharmacological treatments for curing hypertension.

Keywords : Wet Cupping, Lowering Blood Pressure, Hypertension.