

ABSTRAK

Pengaruh Teknik Relaksasi Napas Dalam dan Aromaterapi Lavender Terhadap Tekanan Darah pada Ibu Hamil dengan Preeklampsia

Tiara Rifda Salsabilla¹, Endah Suprihatin², Yessy Dessy Arna³, Joko Suwito⁴

Latar Belakang : Preeklampsia merupakan komplikasi kehamilan yang signifikan karena konsekuensi pada ibu dan residu klinis pascapersalinan yang ditimbulkannya. Merujuk pada Riskesdas 2023, terdapat 16.095 kejadian di wilayah Jawa Timur dan 1.265 di Kota Surabaya.

Tujuan : Penelitian ini dilaksanakan untuk menelaah dampak pemberian intervensi teknik napas dalam dan aromaterapi lavender terhadap parameter tekanan darah pada ibu hamil yang mengalami preeklampsia, dengan lokasi di wilayah kerja Puskesmas Sidotopo Wetan dan Puskesmas Mulyorejo, Surabaya.

Metode : Penelitian ini menggunakan pendekatan kuasi-eksperimental dengan *pretest-posttest design* termasuk kelompok kontrol. Teknik pengambilan sampel adalah total sampling, melibatkan 32 partisipan. Normalitas data diuji menggunakan metode *Shapiro-Wilk*, sedangkan analisis statistik dilakukan melalui penggunaan *paired sample t-test* dan *independent t-test*.

Hasil : Penelitian ini menggunakan pendekatan kuasi-eksperimental dengan *pretest-posttest design* termasuk kelompok kontrol. Teknik pengambilan sampel adalah total sampling, melibatkan 32 partisipan. Normalitas data diuji menggunakan metode *Shapiro-Wilk*, sedangkan analisis statistik dilakukan melalui penggunaan *paired sample t-test* dan *independent t-test*.

Kesimpulan : Penerapan teknik respirasi mendalam serta aromaterapi lavender terbukti berdaya guna dalam mereduksi tekanan darah pada ibu hamil dengan kondisi preeklampsia.

Kata Kunci : Napas dalam, Aromaterapi, Preeklampsia

¹ Program Studi Keperawatan, Program Sarjana Terapan Jurusan Keperawatan, Poltekkes Kemenkes Surabaya

² Program Studi Keperawatan, Program Sarjana Terapan Jurusan Keperawatan, Poltekkes Kemenkes Surabaya

³ Program Studi Keperawatan, Program Sarjana Terapan Jurusan Keperawatan, Poltekkes Kemenkes Surabaya

⁴ Program Studi Keperawatan, Program Sarjana Terapan Jurusan Keperawatan, Poltekkes Kemenkes Surabaya

ABSTRACT

The Effect of Deep Breathing Relaxation Techniques and Lavender Aromatherapy on Blood Pressure in Pregnant Women with Preeclampsia

Tiara Rifda Salsbilla¹, Endah Suprihatin², Yessy Dessy Arna³, Joko Suwito⁴

Background : *Preeclampsia is a significant gestational complication due to the maternal consequences and postpartum clinical residues it causes. Referring to Riskesdas 2023, there were 16,095 incidents in the East Java region and 1,265 in Surabaya City.*

Objective : *This research aims to determine the effect of deep breathing relaxation techniques and lavender aromatherapy on blood pressure in pregnant women with preeclampsia in the Working Area of Sidotopo Wetan Public Health Center and Mulyorejo Public Health Center Surabaya.*

Methods : *This study adopted a quasi-experimental approach with a pretest-posttest design including a control group. The sampling technique was total sampling, involving 32 participants. Data normality was tested using the Shapiro-Wilk method, while statistical analysis was performed using the paired sample t-test and independent t-test.*

Results : *In the intervention group, blood pressure in pregnant women with preeclampsia experienced a significant reduction ($p = 0.000$), while the control group did not show significant deviation between initial and final values. Independent t-test analysis indicated that deep breathing relaxation and lavender aromatherapy substantially contribute to the reduction of blood pressure ($p = 0.000$).*

Conclusion : *The implementation of deep breathing techniques and lavender aromatherapy has proven effective in reducing blood pressure among pregnant women with preeclampsia.*

Keywords : *Deep Breathing, Aromatherapy, Preeclampsia.*

¹ Nursing Study Program, Nursing Department, Surabaya Ministry of Health Polytechnic

² Nursing Study Program, Nursing Department, Surabaya Ministry of Health Polytechnic

³ Nursing Study Program, Nursing Department, Surabaya Ministry of Health Polytechnic

⁴ Nursing Study Program, Nursing Department, Surabaya Ministry of Health Polytechnic