

ABSTRAK

Pengaruh Rendam Kaki Dengan Air Rebusan Jahe Terhadap Tekanan Darah Pada Lansia Hipertensi di Wilayah Kerja Puskesmas Mulyorejo Surabaya

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Hipertensi merupakan penyakit tidak menular yang menjadi salah satu penyebab kematian di dunia. Salah satu faktor resiko hipertensi yaitu proses penuaan karena menyebabkan penurunan elastisitas pembuluh darah. Sehingga diperlukan terapi non farmakologis untuk menurunkan tekanan darah salah satunya yaitu rendam kaki dengan air rebusan jahe. Tujuan penelitian ini untuk mengetahui pengaruh rendam kaki dengan air rebusan jahe terhadap tekanan darah pada lansia. Metode penelitian ini menggunakan *pre-experimental* dengan *one-group pre-post test design*. Populasi dalam penelitian ini yaitu lansia hipertensi sebanyak 24 orang yang dipilih menggunakan metode *simple random sampling*. Hasil penelitian didapatkan tekanan darah lansia hipertensi sebelum diberikan terapi rendam kaki dengan air rebusan jahe memiliki rata-rata 169,13 sistolik dan 95 mmHg diastolik. Hasil tekanan darah lansia hipertensi setelah diberikan terapi rendam kaki dengan air rebusan jahe memiliki rata-rata 143,29 mmHg sistolik dan 82,71 mmHg diastolik. Analisa data menggunakan uji *Paired T-Test*. Didapatkan *p value* 0,000 baik pada pre-post tekanan darah sistolik maupun pre-post tekanan darah diastolik yang artinya terdapat pengaruh rendam kaki dengan air rebusan jahe terhadap tekanan darah pada lansia hipertensi di Wilayah Kerja Puskesmas Mulyorejo Surabaya, sehingga dapat menjadi terapi non farmakologis yang dapat dilakukan secara rutin untuk menurunkan tekanan darah pada lansia.

Kata Kunci : Rendam kaki, Air rebusan jahe, Tekanan darah.

ABSTRACT

The Effect of Foot Soak with Ginger Boiled Water on Blood Pressure in Hypertensive Elderly in the Work Area of Mulyorejo Health Center Surabaya

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Hypertension is a non-communicable disease that is one of the causes of death in the world. One of the risk factors for hypertension is the aging process because it causes a decrease in blood vessel elasticity. So that non-pharmacological therapy is needed to reduce blood pressure, one of which is foot soak with ginger boiled water. The purpose of this study was to determine the effect of foot soak with ginger boiled water on blood pressure in the elderly. This research method uses *pre-experimental* with *one-group pre-post test design*. The population in this study were 24 hypertensive elderly people who were selected using the *simple random sampling* method. The results showed that the blood pressure of hypertensive elderly before being given foot soak therapy with ginger boiled water had an average of 169.13 systolic and 95 mmHg diastolic. The results of hypertensive elderly blood pressure after being given foot soak therapy with ginger boiled water had an average of 143.29 mmHg systolic and 82.71 mmHg diastolic. Data analysis using *Paired T-Test*. *P value* 0.000 was obtained both in pre-post systolic blood pressure and pre-post diastolic blood pressure, which means that there is an effect of foot soak with ginger boiled water on blood pressure in hypertensive elderly in the Mulyorejo Surabaya Health Center Working Area, so that it can be a non-pharmacological therapy that can be done routinely to reduce blood pressure in the elderly.

Keywords : Foot soaking, Ginger boiled, Blood Pressure