

ABSTRAK

Pengaruh Pijat Refleksi terhadap Penurunan Tekanan Darah pada Lansia dengan Hipertensi di Panti Wreda Hargo Dedali dan Panti Wreda Usia Anugerah Surabaya.

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Latar Belakang: Hipertensi pada lanjut usia berisiko menimbulkan berbagai komplikasi serius, sementara banyak penderita masih mengalami kesulitan dalam mengendalikan tekanan darah mereka. Berdasarkan data dari WHO, angka kejadian hipertensi terus mengalami peningkatan setiap tahunnya. Penatalaksanaan hipertensi umumnya dilakukan melalui pemberian obat-obatan, namun terapi jangka panjang seringkali disertai efek samping dan potensi ketergantungan. Oleh sebab itu, pijat refleksi mulai diminati oleh masyarakat. Penelitian ini dilakukan untuk mengevaluasi efek pijat refleksi dalam menurunkan tekanan darah pada lansia yang mengalami hipertensi.

Metode: Penelitian ini menggunakan desain *quasi-experimental* dengan pendekatan *one group pre test-post test with Control Group Design*. Pengambilan sampel dengan teknik *cluster random sampling*. Sampel terdiri dari 30 lansia. Variabel independen adalah Pijat refleksi, variabel dependen adalah tekanan darah. Instrumen penelitian meliputi sphygmomanometer digital dan lembar observasi. Analisis data menggunakan uji statistik *paired t-test* dan *Mann Whitney* dengan Tingkat kepercayaan 95% ($\alpha=0,05$).

Hasil Penelitian: Rerata tekanan darah pada kelompok intervensi sebelum perlakuan adalah 149,13/95,93 mmHg, kemudian menurun menjadi 135,07/85,60 mmHg setelah perlakuan. Pada kelompok kontrol yang tidak mendapat perlakuan, rerata tekanan darah 147,33/96,20 mmHg kemudian turun menjadi 144,27/93,80 mmHg setelah 9 hari. Hasil penelitian menunjukkan pijat refleksi berpengaruh terhadap penurunan tekanan darah dengan $p=0,001$ berdasarkan uji *Mann-Whitney U*.

Kesimpulan: Dengan demikian, terapi pijat refleksi dapat menjadi salah satu terapi non farmakologis hipertensi

Kata kunci: Pijat Refleksi, Lansia, Hipertensi

ABSTRACT

The Effect of Reflexology on Blood Pressure Reduction in Elderly Individuals with Hypertension at Hargo Dedali Nursing Home and Usia Anugerah Nursing Home in Surabaya.

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Background: Hypertension in the elderly is at risk of causing various serious complications, while many sufferers still have difficulty in controlling their blood pressure. Based on data from WHO, the incidence of hypertension continues to increase every year. Management of hypertension is generally done through the administration of drugs, but long-term therapy is often accompanied by side effects and potential dependence. Therefore, reflexology is gaining interest in the community. This study was conducted to evaluate the effect of reflexology in reducing blood pressure in elderly people with hypertension.

Methods: This quasi-experimental study used a one-group pre-test post-test with a control group design. Samples were selected using simple random sampling, consisting of 30 elderly participants. The independent variable was reflexology massage, while the dependent variable was blood pressure. Data were collected using a digital sphygmomanometer and observation sheets. Statistical analysis included paired t-test and Mann-Whitney test ($\alpha=0.05$).

Results: The average blood pressure in the intervention group before treatment was 149.13/95.93 mmHg, then decreased to 135.07/85.60 mmHg after treatment. In the control group, which did not receive treatment, the average blood pressure was 147.33/96.20 mmHg and later decreased to 144.27/93.80 mmHg after 9 days. The study results indicate that reflexology massage significantly affects blood pressure reduction, with $p = 0.001$ based on the Mann-Whitney U test.

Conclusion: Reflexology massage is an effective non-pharmacological therapy for managing hypertension in the elderly.

Keywords: Reflexology Massage, Elderly, Hypertension