

ABSTRAK

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PENGARUH RENDAM KAKI AROMATERAPI LAVENDER TERHADAP
TEKANAN DARAH PADA LANSIA HIPERTENSI DI POSYANDU
SUMBERREJO BENOVO, SURABAYA

xvi + 61 Halaman + 10 Tabel + 13 Lampiran

Hipertensi merupakan masalah kesehatan kronis yang banyak dialami lansia dan dapat menimbulkan komplikasi serius seperti stroke, gagal ginjal, dan penyakit jantung. Upaya nonfarmakologis seperti rendam kaki air hangat dengan aromaterapi lavender diketahui memiliki efek relaksasi, vasodilatasi, serta penurunan aktivitas saraf simpatis sehingga berpotensi menurunkan tekanan darah lansia hipertensi. Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest*. Sampel terdiri dari 25 lansia hipertensi yang dipilih dengan teknik purposive sampling. Intervensi berupa rendam kaki air hangat bersuhu 38–40°C yang ditambahkan 5–10 tetes minyak esensial lavender, dilakukan selama 15 menit sebanyak 6 kali. Pengukuran tekanan darah dilakukan sebelum dan sesudah intervensi menggunakan *sphygmomanometer* digital. Analisis data menggunakan uji *wilcoxon*. Hasil penelitian menunjukkan penurunan signifikan pada tekanan darah setelah intervensi. Tekanan darah sistolik turun dari rata-rata 158,72 mmHg menjadi 138,56 mmHg, sedangkan diastolik turun dari 92,24 mmHg menjadi 81,16 mmHg. Seluruh lansia mengalami penurunan tekanan darah tanpa efek samping. Rendam kaki aromaterapi lavender efektif menurunkan tekanan darah pada lansia hipertensi. Terapi ini aman, mudah dilakukan, murah, dan dapat digunakan sebagai alternatif penanganan nonfarmakologis dalam mengontrol tekanan darah lansia.

Kata Kunci: Rendam kaki, Aromaterapi, Hipertensi, Lansia

Daftar bacaan buku : 5 (2020 – 2025)

ABSTRACT

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THE EFFECT OF LAVENDER AROMATHERAPY FOOT SOAKS ON BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION AT THE SUMBERREJO BENOWO INTEGRATED HEALTH POST, SURABAYA

xvi + 61 Pages + 10 Tabels + 13 Appendices

Hypertension is a chronic health problem that is often experienced by the elderly and can lead to serious complications such as stroke, kidney failure, and heart disease. Non-pharmacological efforts such as soaking feet in warm water with lavender aromatherapy are known to have a relaxing effect, vasodilation, and decreased sympathetic nerve activity, thus potentially lowering blood pressure in elderly hypertensive patients. This study used a pre-experimental design with a one-group pretest–posttest approach. The sample consisted of 25 elderly hypertensive patients selected using a purposive sampling technique. The intervention consisted of soaking feet in warm water at a temperature of 38–40°C with the addition of 5–10 drops of lavender essential oil, performed for 15 minutes, six times. Blood pressure measurements were taken before and after the intervention using a digital sphygmomanometer. Data analysis used the Wilcoxon test. The results showed a significant decrease in blood pressure after the intervention. Systolic blood pressure decreased from an average of 158.72 mmHg to 138.56 mmHg, while diastolic blood pressure decreased from 92.24 mmHg to 81.16 mmHg. All elderly experienced a decrease in blood pressure without side effects. Lavender aromatherapy foot soaks are effective in lowering blood pressure in elderly people with hypertension. This therapy is safe, easy to perform, and inexpensive, and can be used as an alternative non-pharmacological treatment for controlling blood pressure in the elderly.

Keywords: Foot bath, Aromatherapy, Hypertension, Elderly

References :5 books (2020 - 2025)