

PENERAPAN TERAPI PIJAT SWEDIA DALAM UPAYA PEMENUHAN KEBUTUHAN RASA NYAMAN PADA LANSIA DENGAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS GODEAN I

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ABSTRAK

Latar Belakang: Semakin bertambahnya umur lansia, beberapa fungsi fisik maupun psikologis akan mengalami kemunduran termasuk dapat menyebabkan masalah kesehatan, seperti penyakit degeneratif salah satunya hipertensi. Gejalanya dapat menimbulkan gangguan rasa nyaman. Pemenuhan kebutuhan rasa nyaman artinya membantu memenuhi rasa nyaman supaya terbebas dari rasa sakit akibat gejala yang ditimbulkan dari hipertensi. Salah satu intervensi yang dapat diterapkan yaitu terapi pijat swedia untuk mencapai efek relaksasi dan menciptakan rasa nyaman.

Tujuan: Memperoleh pengalaman nyata dalam menerapkan terapi pijat swedia pada lansia dengan hipertensi dalam upaya pemenuhan kebutuhan rasa nyaman di wilayah kerja Puskesmas Godean I.

Metode: Studi kasus pada dua lansia dengan hipertensi di wilayah kerja Puskesmas Godean I pada tanggal 28 Februari-2 Maret 2023 melalui pendekatan proses keperawatan.

Hasil: Berdasarkan hasil pengkajian didapatkan diagnosa utama gangguan rasa nyaman. Intervensi yang diberikan yaitu terapi pijat swedia sebanyak tiga kali kunjungan selama tiga hari berturut-turut dengan waktu 30 menit. Kesimpulan hasil evaluasi menunjukkan tujuan teratasi pada kasus 1 dan teratasi sebagian pada kasus 2.

Kesimpulan: Penerapan terapi pijat swedia dapat meningkatkan status kenyamanan sekaligus menurunkan tekanan darah pada lansia dengan hipertensi.

Kata Kunci: Pijat swedia, rasa nyaman, lansia, hipertensi

APPLICATION OF SWEDISH MASSAGE THERAPY IN FULFILLING COMFORTABLE NEEDS OF HYPERTENSION IN ELDERLY AT GODEAN 1 PUBLIC HEALTH CENTER

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ABSTRACT

Background: As older people age, some physical and psychological functions decline, leading to health problems such as degenerative diseases, one of which is hypertension. The symptoms can cause discomfort. Fulfilling the need for comfort means helping to fulfill a sense of comfortable to be relieved of the pain that caused by the symptoms of hypertension. One of the interventions that can be applied is Swedish massage therapy to achieve a relaxing effect and create a feeling of comfort.

Objective: Gain real experience in applying swedish massage therapy in fulfilling comfortable needs in two elderly with hypertension at Godean 1 Public Health Center.

Method: Case study in two elderly with hypertension at Godean 1 Public Health Center on 28 February until 2 March 2023 with nursing process approach.

Result: Based on results of the study, the main nursing diagnosis was a feeling of comfort disorder. The intervention was given swedish massage therapy for three visits in three consecutive days for 30 minutes. The conclusion of the evaluation results shows that the goal is resolved in case 1 and partially resolved in case 2.

Conclusion: The application of swedish massage therapy can improve comfort status and reducing blood pressure in the elderly with hypertension.

Keyword: Swedish massage, comfortable, elderly, hypertension