

**PENERAPAN *SLOW STROKE BACK MASSAGE* DALAM
UPAYA PEMENUHAN GANGGUAN RASA NYAMAN
UNTUK MENURUNKAN TEKANAN DARAH
PADA LANSIA DENGAN HIPERTENSI
DI WILAYAH KERJA PUSKESMAS
GODEAN I**

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ABSTRAK

Latar Belakang : Seiring dengan pertambahan usia, risiko terkena penyakit degeneratif meningkat. Salah satu penyakit degeneratif dengan prevalensi tertinggi di Indonesia dan Yogyakarta adalah hipertensi. Keluhan yang lazim dirasakan lansia dengan hipertensi berupa nyeri kepala, rasa berat pada tengkuk, jantung berdebar, pandangan kabur dan lain-lain yang dapat mengganggu kebutuhan rasa nyaman. Upaya yang bisa digunakan untuk mengatasi keluhan serta dapat menurunkan tekanan darah adalah dengan penatalaksanaan non farmakologi. Salah satu penatalaksanaan non farmakologi yang dapat diterapkan yaitu *slow stroke back massage* dimana terapi ini menstimulasi produksi hormon endorfin yang memberikan efek tenang dan nyaman. Efek relaksasi yang dihasilkan menyebabkan vasodilatasi pada pembuluh darah sehingga pembuluh darah melebar sehingga tekanan darah menurun. **Tujuan:** Melakukan penerapan terapi *slow stroke back massage* dalam pemenuhan rasa nyaman untuk menurunkan tekanan darah pada dua kasus lansia di wilayah kerja Puskesmas Godean 1 Yogyakarta. **Metode:** Menggunakan metode studi kasus dengan pendekatan proses asuhan keperawatan gerontik melalui penerapan terapi *slow stroke back massage* selama 20 menit pada punggung selama satu kali sehari dalam 5 kali kunjungan. **Hasil:** Setelah dilakukan implementasi selama lima kali kunjungan dengan durasi 20-35 menit, melalui penerapan terapi *slow stroke back massage* dalam pemenuhan kebutuhan rasa nyaman didapatkan hasil bahwa terjadi peningkatan rasa nyaman serta penurunan tekanan darah pada dua lansia dengan hipertensi. **Kesimpulan:** Tindakan non farmakologi dengan penerapan *slow stroke back massage* menunjukkan terjadinya perubahan kondisi lansia menjadi lebih rileks sehingga kebutuhan rasa nyaman terpenuhi serta tekanan darah menurun.

Kata Kunci: *slow stroke back massage*, lansia, hipertensi, gangguan rasa nyaman, Penurunan tekanan darah.

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**THE EFFECT OF *SLOW STROKE BACK MASSAGE* IN
EFFORTS TO FULFILL COMFORT TO LOWER
BLOOD PRESSURE IN ELDERLY WITH
HYPERTENSION AT PUSKESMAS
GODEAN I**

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ABSTRACT

Background: As you get older, the risk of developing degenerative diseases increases. One of the degenerative diseases with the highest prevalence in Indonesia and Yogyakarta is hypertension. Complaints that are commonly felt by the elderly with hypertension are headaches, a feeling of heaviness in the back of the neck, palpitations, blurred vision, and others that can interfere with the need for comfort. Efforts that can be used to overcome complaints and can reduce blood pressure are non-pharmacological management. One of the non-pharmacological treatments that can be applied is slow stroke back massage where this therapy stimulates the production of endorphins which provide a calm and comfortable effect. The resulting relaxing effect causes vasodilation in the blood vessels so that the blood vessels widen so that blood pressure decreases.

Objective: Implementing slow stroke back massage therapy in fulfilling a sense of comfort to reduce blood pressure in two elderly cases in the working area of the Godean 1 Health Center Yogyakarta.

Methods: This research uses a case study method with a gerontic nursing care process approach through the application of slow stroke back massage therapy for 20 minutes on the back in 5 visits.

Results: After implementing it for five visits with a duration of 20-35 minutes, through the application of slow stroke back massage therapy in fulfilling the need for comfort, it was found that there was an increase in comfort and a decrease in blood pressure in two elderly people with hypertension.

Conclusion: Non-pharmacological action with the application of slow stroke back massage shows a change in the condition of the elderly to be more relaxed so that the need for comfort is met and blood pressure decreases.

Keywords: *slow stroke back massage*, elderly, hypertension, comfort, blood pressure

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