

## **THE APPLICATION OF FOOT REFLEXOLOGY THERAPY TO REDUCE BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE WORKING AREA OF THE GAMPING HEALTH CENTER II**

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### **ABSTRACT**

**Background:** In Indonesia, there is a change in disease patterns from infectious diseases to non-communicable diseases, especially degenerative diseases such as hypertension. Hypertension is a major concern due to its high prevalence and the complications it causes. Based on this, treatment is needed to lower blood pressure in hypertensive patients. Foot reflexology is one of the popular alternative treatments for hypertension due to its ability to control blood pressure without medication.

**Objective:** To determine the application of foot reflexology therapy on blood pressure reduction in hypertensive patients.

**Methods:** This research is a quasy experimental design using a nonequivalent control group design. The sampling technique used total sampling of 62 respondents. Data were analyzed statistically using the Wilcoxon test and the Mann Whitney test.

**Results:** There is an effect of the application of foot reflexology on systolic diastolic blood pressure in people with hypertension with the results of p value=0.000 ( $p < 0.05$ ) so that  $H_a$  is accepted and  $H_0$  is rejected.

**Conclusion:** Blood pressure in people with hypertension can be lowered by applying foot reflexology therapy as an alternative treatment.

**Keywords:** Hypertension, reflexology, blood pressure.

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## **PENERAPAN TERAPI PIJAT REFLEKSI KAKI TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI WILAYAH KERJA PUSKESMAS GAMPING II**

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### **ABSTRAK**

**Latar Belakang:** Di Indonesia, adanya perubahan pola penyakit dari penyakit menular ke penyakit tidak menular, terutama penyakit degeneratif seperti hipertensi. Hipertensi menjadi perhatian utama karena prevalensinya yang tinggi dan komplikasi yang ditimbulkannya. Berdasarkan hal tersebut, diperlukan penanganan untuk menurunkan tekanan darah pada pasien hipertensi. Pijat refleksi kaki menjadi salah satu alternatif penanganan hipertensi yang populer karena kemampuannya dalam mengontrol tekanan darah tanpa obat-obatan.

**Tujuan:** Mengetahui penerapan terapi pijat refleksi kaki terhadap penurunan tekanan darah pada pasien hipertensi.

**Metode:** Penelitian ini adalah *quasy experimental design* dengan menggunakan rancangan *nonequivalent control group design*. Teknik pengambilan sampel menggunakan *total sampling* sebanyak 62 responden. Data dianalisis statistika menggunakan uji *Wilcoxon* dan uji *Mann Whitney*.

**Hasil:** Adanya pengaruh penerapan pijat refleksi kaki terhadap tekanan darah sistolik diastolik pada penyandang hipertensi dengan hasil  $p\text{ value}=0.000$  ( $p<0,05$ ) sehingga  $H_a$  diterima dan  $H_0$  ditolak.

**Kesimpulan:** Tekanan darah pada penyandang hipertensi dapat diturunkan dengan penerapan terapi pijat refleksi kaki sebagai salah satu pengobatan alternatif.

**Kata Kunci:** Hipertensi, pijat refleksi, tekanan darah.

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