

**THE APPLICATION OF FOOT REFLEXOLOGY MASSAGE THERAPY ON  
BLOOD PRESSURE REDUCTION IN HYPERTENSION PATIENTS  
AT PANEMBAHAN SENOPATI REGIONAL HOSPITAL BANTUL**

Fitri Nabila<sup>1</sup>, Sugeng Jitowiyono<sup>2</sup>, Furaida khasanah<sup>3</sup>  
<sup>1,2,3</sup> Nursing Department Poltekkes Kemenkes Yogyakarta  
Jl. Tatabumi No.03 Banyuraden, Gamping, Sleman

Email: [fitriinabila0910@gmail.com](mailto:fitriinabila0910@gmail.com)

**ABSTRACT**

**Background:** A practical modern lifestyle often increases the risk of hypertension because it encourages people to choose practical and instant things without considering their impact on health. Hypertension is a vascular disorder that hinders the supply of oxygen and nutrients to tissues, and it needs to be monitored even though it is often considered mild.

**Objective:** This study aims determine the implementation of foot massage therapy on the reduction of blood pressure in hypertensive patients at RSUD Panembahan Senopati Bantul.

**Method:** This scientific paper is descriptive with a case study research design encompassing nursing processes involving two patients with hypertension who undergo treatment using a standard operating procedure for foot reflexology therapy. Blood pressure measurements were taken using a sphygmomanometer. The foot reflexology therapy was administered for 15-30 minutes once a day for three consecutive days.

**Results:** The nursing problem for both patients was ineffective cerebral perfusion related to hypertension and increased intracranial pressure. After receiving foot reflexology therapy (foot massage) three times every 8 hours, the nursing problem was partially resolved, indicated by a decrease in blood pressure.

**Conclusion:** The application of foot massage therapy can reduce blood pressure in hypertensive patients.

**Keywords:** Foot massage therapy, hypertension.

---

<sup>1</sup>Student of Poltekkes Kemenkes Yogyakarta

<sup>2</sup>Lecturer of Poltekkes Kemenkes Yogyakarta

<sup>3</sup>Lecturer of Poltekkes Kemenkes Yogyakarta

**PENERAPAN TERAPI PIJAT REFLEKSI KAKI (*FOOT MASSAGE*)  
TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN  
HIPERTENSI DI RSUD PANEMBAHAN SENOPATI  
BANTUL**

Fitri Nabila<sup>1</sup>, Sugeng Jitowiyono<sup>2</sup>, Furaida khasanah<sup>3</sup>

<sup>1,2,3</sup> Jurusan Keperawatan Politeknik Kesehatan Kementerian Kesehatan Yogyakarta  
Jl. Tatabumi No.03 Banyuraden, Gamping, Sleman

Email: [fitriinabila0910@gmail.com](mailto:fitriinabila0910@gmail.com)

**ABSTRAK**

**Latar Belakang :** Gaya hidup modern yang praktis sering meningkatkan risiko hipertensi karena mendorong orang untuk memilih hal-hal yang praktis dan instan tanpa mempertimbangkan dampaknya terhadap kesehatan. Hipertensi merupakan gangguan pembuluh darah yang menghambat suplai oksigen dan nutrisi ke jaringan, perlu diwaspai meski kerap dianggap ringan.

**Tujuan :** Penelitian ini bertujuan untuk mengetahui Implementasi penerapan terapi pijat refleksi kaki (*foot massage*) terhadap penurunan tekanan darah pada pasien hipertensi di RSUD Panembahan Senopati Bantul

**Metode :** Karya tulis ilmiah ini bersifat deskriptif dengan desain penelitian studi kasus meliputi proses keperawatan yang melibatkan dua pasien dengan hipertensi yang menjalani perawatan menggunakan instrumen berupa SOP terapi pijat refleksi kaki. Pengukuran tekanan darah menggunakan sphygmomanometer. Pelaksanaan terapi pijat refleksi kaki dilakukan dengan waktu 15-30 menit dalam satu kali sehari selama tiga hari berturut-turut

**Hasil :** Masalah keperawatan pada kedua pasien risiko perfusi serebral tidak efektif berhubungan dengan hipertensi dan peningkatan tekanan intrakranial. Setelah dilakukan intervensi terapi pijat refleksi kaki (*foot massage*) selama 3x8 jam masalah keperawatan teratasi sebagian dengan terjadi penurunan tekanan darah.

**Kesimpulan :** Penerapan terapi pijat refleksi kaki (*foot massage*) dapat menurunkan tekanan darah pada pasien hipertensi

**Kata Kunci :** Terapi pijat refleksi kaki, hipertensi.

---

<sup>1</sup>Masiswa Poltekkes Kemenkes Yogyakarta

<sup>2</sup>Dosen Poltekkes Kemenkes Yogyakarta

<sup>3</sup>Dosen Poltekkes Kemenkes Yogyakarta