

**The Application of Foot Reflexology Massage to Address the Need for
Comfort in Elderly People with Hypertension at
BPSTW Abiyoso Yogyakarta**

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ABSTRACT

Background: The elderly are a vulnerable population prone to various health issues, one of which is hypertension. Hypertension in older adults often causes physical discomfort such as dizziness, muscle pain, and sleep disturbances. Non-pharmacological interventions such as foot reflexology massage have been proven to improve comfort by stimulating reflex points that influence the nervous system and blood circulation.

Objective: To implement foot reflexology massage to fulfill the comfort needs of elderly individuals with hypertension at BPSTW Abiyoso Yogyakarta.

Method: This case study involved two elderly patients diagnosed with hypertension. The intervention consisted of daily foot reflexology sessions lasting approximately 15–30 minutes for three consecutive days. Comfort levels were measured using the *Short General Comfort Questionnaire* (Short GCQ), along with direct observations and blood pressure monitoring before and after therapy.

Results: Both patients experienced improved comfort scores based on the SGCQ results. Additionally, physical complaints such as pain, dizziness, and sleep disturbances were reduced. The intervention also led to lower blood pressure and more positive emotional expressions.

Conclusion: Acute pain nursing problems are resolved and comfort needs are increased.

Keywords: Foot reflexology, comfort, elderly, hypertension

**Penerapan Pijat Refleksi Kaki Terhadap pemenuhan Kebutuhan Rasa
Nyaman pada Lansia Hipertensi Di BPSTW Abiyoso
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ABSTRAK

Latar Belakang: Lansia merupakan kelompok usia yang rentan mengalami berbagai gangguan kesehatan, salah satunya adalah hipertensi. Hipertensi pada lansia seringkali menyebabkan ketidaknyamanan fisik seperti pusing, nyeri otot, dan gangguan tidur. Intervensi nonfarmakologis seperti pijat refleksi kaki terbukti mampu meningkatkan rasa nyaman melalui stimulasi titik refleksi yang berpengaruh pada sistem saraf dan sirkulasi tubuh.

Tujuan: Menerapkan pijat refleksi kaki dalam pemenuhan kebutuhan rasa nyaman pada lansia dengan hipertensi di BPSTW Abiyoso Yogyakarta.

Metode: Studi kasus ini melibatkan dua lansia yang telah terdiagnosis hipertensi. Intervensi dilakukan dengan pijat refleksi kaki selama $\pm 15-30$ menit per sesi, satu kali sehari selama tiga hari. Pengukuran kenyamanan dilakukan menggunakan kuesioner *Short General Comfort Questionnaire* (Short GCQ), disertai observasi langsung dan pencatatan tekanan darah sebelum dan sesudah terapi.

Hasil: Kedua pasien mengalami peningkatan skor kenyamanan berdasarkan hasil kuesioner SGCQ. Selain itu, terjadi penurunan keluhan fisik seperti nyeri, pusing, dan gangguan tidur. Intervensi juga menunjukkan penurunan tekanan darah serta ekspresi emosi yang lebih positif.

Kesimpulan: Masalah keperawatan nyeri akut teratasi dan kebutuhan rasa nyaman meningkat.

Kata kunci: Pijat refleksi kaki, kenyamanan, lansia, hipertensi