

PENGARUH SENAM REFLEKSI “GETUK” (GERAK TEPUK NADI) TERHADAP TEKANAN DARAH PADA PENDERITA HIPERTENSI DI PUSKESMAS MLATI

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ABSTRAK

Latar Belakang: Hipertensi merupakan penyakit yang ditandai dengan peningkatan tekanan darah yang angka indensinya semakin meningkat tiap tahunnya. Hipertensi dalam jangka panjang dapat mengakibatkan komplikasi seperti stroke, gagal jantung, gagal ginjal, bahkan kematian. Salah satu pengobatan non-farmakologis untuk menangani hipertensi yaitu meningkatkan aktivitas fisik melalui senam refleksi gerak tepuk nadi. Senam refleksi ini mampu menekan vasokonstriksi dan mengaktifasi *barorefleks* sehingga meningkatkan aktivitas saraf parsimpatis serta merangsang vasodilatasi yang berdampak pada penurunan tekanan darah.

Tujuan Penelitian: Tujuan penelitian ini yaitu mengetahuinya pengaruh senam refleksi “GETUK” (Gerak Tepuk Nadi) terhadap tekanan darah pada penderita hipertensi di Puskesmas Mlati Sleman Yogyakarta.

Metode Penelitian: Jenis penelitian ini yaitu *quasy experiment* dengan *pre test post test with control group design*. Teknik pengambilan data menggunakan *non-probability sampling* dengan metode *convenience (accidental) sampling* dengan 68 responden. Hasil penelitian dianalisis statistika dengan uji *Wilcoxon* dan uji *Mann-Whitney*.

Hasil Penelitian: Hasil uji *Mann-Whitney* didapatkan hasil signifikansi tekanan darah sistolik dan diastolik ($p < 0.05$), yang berarti terdapat penurunan tekanan darah sebelum dan sesudah dilakukan senam refleksi “GETUK” (Gerak Tepuk Nadi). Rata-rata penurunan tekanan darah sistolik dan diastolik setelah perlakuan sebesar 12,61 dan 9,47 mmHg.

Kesimpulan: Ada pengaruh senam refleksi “GETUK” (Gerak Tepuk Nadi) terhadap tekanan darah pada penderita hipertensi di Puskesmas Mlati Sleman Yogyakarta.

Kata Kunci: Hipertensi, Senam Refleksi, Senam Tepuk Nadi, Tekanan Darah

THE EFFECT OF REFLEXION EXERCISES "GETUK" (PULSE-TAPPING MOVEMENT) ON BLOOD PRESSURE IN HYPERTENSION PATIENTS AT MLATI PUBLIC HEALTH CENTER

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ABSTRACT

Background: Hypertension is a disease characterized by elevated blood pressure, the incidence of which increases annually. Long-term hypertension can lead to complications such as stroke, heart failure, kidney failure, and even death. One non-pharmacological treatment for hypertension is increasing physical activity through reflexology exercises (pulse-tapping movements). This reflexology exercise suppresses vasoconstriction and activates the baroreflex, thereby increasing parasympathetic nerve activity and stimulating vasodilation, which in turn lowers blood pressure.

Objective: The purpose of this study was to determine the effect of reflexology exercises "GETUK" (Pulse-tapping movements) on blood pressure in hypertensive patients at the Mlati Community Health Center, Sleman, Yogyakarta.

Method: This study used a quasi-experimental design with a pre-test and post-test control group design. Data collection used non-probability sampling with a convenience (accidental) method, involving 68 respondents. The results were analyzed statistically using the Wilcoxon test and the Mann-Whitney test.

Results: The Mann-Whitney test showed a significant difference in systolic and diastolic blood pressure ($p < 0.05$), indicating a decrease in blood pressure before and after the "GETUK" (Pulse Tapping) reflexology exercise. The average decrease in systolic and diastolic blood pressure after treatment was 12.61 and 9.47 mmHg, respectively.

Conclusion: There is an effect of "GETUK" (Pulse Tapping) reflexology exercise on blood pressure in hypertensive patients at the Mlati Community Health Center, Sleman, Yogyakarta.

Keywords: Hypertension, Reflexology, Pulse Tapping, Blood Pressure