

Penerapan *Swedish Massage* Dalam Pemenuhan Kebutuhan Rasa Nyaman Pada Lansia Penderita Hipertensi Di BPSTW Abiyoso Yogyakarta

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ABSTRAK

Latar Belakang: Hipertensi merupakan salah satu penyakit degeneratif yang sering dialami lansia dan dapat menimbulkan berbagai keluhan seperti pusing, pegal, gangguan tidur, serta ketidaknyamanan yang berdampak pada penurunan kualitas hidup. Salah satu intervensi nonfarmakologis yang dapat diberikan untuk meningkatkan rasa nyaman dan membantu mengontrol tekanan darah adalah *swedish massage*.

Tujuan: Menggambarkan penerapan *swedish massage* dalam pemenuhan kebutuhan rasa nyaman pada lansia penderita hipertensi di BPSTW Abiyoso Yogyakarta.

Metode: Studi kasus ini menggunakan metode dekriptif kualitatif dengan pendekatan asuhan keperawatan pada dua lansia penderita hipertensi yang mengalami gangguan rasa nyaman. Intervensi yang diberikan berupa *swedish massage* selama 20 menit setiap sesi, dilakukan sebanyak tiga kali berturut-turut. Tingkat kenyamanan diukur menggunakan *Short General Comfort Questionnaire* (SGCQ), sedangkan tekanan darah sebagai data pendukung diukur sebelum dan sesudah intervensi.

Hasil: Setelah diberikan *swedish massage*, terjadi peningkatan rasa nyaman pada kedua klien. Skor kenyamanan Ny.G meningkat dari 35 menjadi 56, sedangkan Ny.S meningkat dari 38 menjadi 58. Tekanan darah sebagai data pendukung juga mengalami penurunan, pada Ny.G menurun dari 154/70 mmHg menjadi 125/64 mmHg, pada Ny.S menurun dari 145/75 mmHg menjadi 118/65 mmHg. Klien juga mengatakan keluhan pegal, kaku pada tengkuk serta gangguan tidur sudah berkurang dan merasa lebih rileks setelah terapi.

Kesimpulan: Masalah gangguan rasa nyaman teratasi serta diikuti penurunan tekanan darah. Penerapan *swedish massage* dapat digunakan sebagai terapi komplementer nonfarmakologis dalam asuhan keperawatan gerontik untuk mendukung pengelolaan hipertensi secara holistik.

Kata kunci: *Swedish massage*, hipertensi, lansia, rasa nyaman

Implementation of Swedish Massage in Meeting The Comfort Needs of Older Adults with Hypertension at BPTW Abiyoso Yogyakarta

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ABSTRAK

Latar Belakang: Hypertension is one of the most common degenerative diseases among older adults and may cause various complaints such as dizziness, muscle stiffness, sleep disturbances, and discomfort, which can negatively affect quality of life. One non-pharmacological intervention that can be used to improve and help control blood pressure is swedish massage.

Tujuan: To describe the implementation of swedish massage in fulfilling the comfort needs of older adults with hypertension at BPSTW Abiyoso Yogyakarta.

Metode: The case study employed a descriptive qualitative approach throught the nursing care process for two older adults with hypertension who experienced impaired comfort. The intervention consisted of swedish massage administered for 20 minutes per session on three consecutive occasions. Comfort levels were assessed using the Short General Comfort Questionnaire (SGCQ), while blood pressure was measured before and after the intervention.

Hasil: Following the implementation of swedish massage, both participants showed improvement in comfort levels. The comfort score of Mrs. G increased from 35 to 56, while Mrs. S score increased from 38 to 58. In addition, reductions in blood pressure were observed in both participants. Mrs. G blood pressure decreased from 154/70 mmHg to 125/64 mmHg, while Mrs. S blood pressure decreased from 147/75 mmHg to 118/65 mmHg. Both participants also reported reduced complaints of muscle stiffness, dizziness, and sleep disturbances, as well increased relaxation after the therapy.

Kesimpulan: The comfort impairment problem was successfully resolved and was accompanied by a reduction in blood pressure. The implementation pharmacological intervention in gerontological nursing care to support holistic hypertension management.

Kata kunci: *Swedish massage*, comfort, older adults, hypertention