

IMPLEMENTATION OF LAUGHTER THERAPY TO FULFILL CIRCULATION NEEDS IN HYPERTENSION PATIENTS AT WATES REGIONAL HOSPITAL

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ABSTRACT

Background: *Uncontrolled hypertension can lead to impaired circulatory function, including the risk of ineffective cerebral tissue perfusion. One of the non-pharmacological interventions that can help reduce blood pressure in patients with hypertension is laughter therapy through its relaxation effects and vasodilation of blood vessels.*

Objective: *To describe the implementation of laughter therapy in meeting circulatory needs among hypertensive patients with the nursing problem of risk for ineffective cerebral tissue perfusion.*

Methods: *This case study involved two hypertensive patients with the nursing diagnosis of risk for ineffective cerebral tissue perfusion. Data were collected through interviews, observations, physical examinations, and documentation studies. Laughter therapy was administered for 10–15 minutes once daily for three consecutive days. Blood pressure was measured before and after the intervention.*

Results: *After three days of laughter therapy, Mrs. N's blood pressure decreased from 160/100 mmHg to 145/90 mmHg, while Mrs. F's blood pressure decreased from 161/102 mmHg to 147/89 mmHg. Both patients reported reduced dizziness and felt more relaxed and comfortable. The nursing problem was partially resolved, as indicated by improved blood pressure and reduced symptoms.*

Conclusion: *Laughter therapy may help lower blood pressure and support circulatory needs in patients with hypertension as a simple, safe, and easily implemented complementary therapy.*

Keywords: *Laughter Therapy, Hypertension, Risk for Ineffective Cerebral Tissue Perfusion, Circulatory Needs, Blood Pressure.*

**PENERAPAN TERAPI TERTAWA DALAM PEMENUHAN
KEBUTUHAN SIRKULASI PADA PASIEN
HIPERTENSI DI RSUD WATES**

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ABSTRAK

Latar Belakang: Hipertensi yang tidak terkontrol dapat menyebabkan gangguan pemenuhan kebutuhan sirkulasi, termasuk risiko perfusi serebral tidak efektif. Salah satu intervensi nonfarmakologis yang dapat membantu menurunkan tekanan darah pada pasien hipertensi adalah terapi tertawa melalui efek relaksasi dan vasodilatasi pembuluh darah.

Tujuan: Tujuan studi kasus ini memperoleh gambaran penerapan terapi tertawa dalam pemenuhan kebutuhan sirkulasi pada pasien hipertensi dengan masalah keperawatan risiko perfusi serebral tidak efektif.

Metode: Studi kasus pada dua pasien hipertensi dengan masalah keperawatan risiko perfusi serebral tidak efektif. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Terapi tertawa diberikan selama 10–15 menit, satu kali sehari selama tiga hari berturut-turut. Tekanan darah diukur sebelum dan sesudah terapi.

Hasil: Setelah penerapan terapi tertawa selama tiga hari, tekanan darah Ny. N menurun dari 160/100 mmHg menjadi 145/90 mmHg dan Ny. F dari 161/102 mmHg menjadi 147/89 mmHg. Kedua pasien melaporkan pusing berkurang serta merasa lebih rileks dan nyaman. Masalah keperawatan teratasi sebagian ditandai dengan perbaikan tekanan darah dan gejala yang dirasakan.

Kesimpulan: Terapi tertawa dapat membantu menurunkan tekanan darah dan mendukung pemenuhan kebutuhan sirkulasi pada pasien hipertensi sebagai terapi komplementer yang sederhana, aman, dan mudah diterapkan.

Kata Kunci: Terapi Tertawa, Hipertensi, Risiko Perfusi Serebral Tidak Efektif, Kebutuhan Sirkulasi, Tekanan Darah.