

**PENGARUH TERAPI RENDAM KAKI PADA PENURUNAN TEKANAN
DARAH LANSIA PENDERITA HIPERTENSI DI WILAYAH KERJA
PUSKESMAS SEI LANGKAI**

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INTISARI

Hipertensi merupakan salah satu masalah kesehatan yang paling umum di seluruh dunia, terutama di kalangan lansia. Hipertensi juga merupakan penyebab utama kematian dini di seluruh dunia. Terapi rendam kaki air hangat, yang merupakan praktik tradisional sebagai metode non-farmakologis untuk mengelola hipertensi. Terapi ini dapat memberikan efek relaksasi yang dapat menurunkan tekanan darah. Tujuan penelitian ini untuk mengetahui pengaruh tekanan darah sebelum dan sesudah terapi rendam kaki air hangat pada pasien hipertensi di Wilayah Kerja Puskesmas Sei Langkai Tahun 2025. Penelitian ini menggunakan rancangan penelitian pra-eksperimental dengan one-group pre-post test design. Responden dalam penelitian ini berjumlah 15 orang. Perbandingan klasifikasi tekanan darah responden saat sebelum dan sesudah dilakukan terapi rendam kaki yaitu terlihat adanya penurunan tekanan darah sistolik dan diastolik pada seluruh responden. Hasil uji statistik *Wilcoxon Signed Rank Test*, menunjukkan nilai $Z = -3,690$ dengan $p\text{-value}$ 0,000. Karena nilai $p < 0,05$, maka dapat disimpulkan bahwa terdapat perbedaan yang signifikan antara tekanan darah sebelum dan sesudah dilakukan terapi rendam kaki air hangat. Diharapkan terapi ini dapat dijadikan intervensi tambahan selain terapi farmakologis untuk meningkatkan efektivitas pengendalian hipertensi.

The Effect Of Foot Bath Therapy On Blood Pressure Reduction In Elderly Patients With Hypertension In The Working Area Of Sei Langkai Health Center

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ABSTRACT

Hypertension is one of the most common health problems worldwide, particularly among the elderly, and it is also a leading cause of premature mortality globally. Foot bath therapy with warm water, a traditional practice, is considered a non-pharmacological method for managing hypertension. This therapy provides a relaxation effect that may help lower blood pressure. The purpose of this study was to examine the effect of warm water foot soaking therapy on blood pressure before and after treatment among patients with hypertension in the working area of Sei Langkai Public Health Center in 2025. This study employed a pre-experimental design with a one-group pretest-posttest approach. A total of 15 respondents participated in the study. The comparison of blood pressure classifications before and after the intervention revealed a reduction in both systolic and diastolic blood pressure across all respondents. The Wilcoxon Signed Rank Test showed a Z-value of -3.690 with a p-value of 0.000. Since $p < 0.05$, it can be concluded that there was a statistically significant difference in blood pressure before and after the warm water foot soaking therapy. This therapy is expected to serve as an adjunct intervention alongside pharmacological treatments to enhance the effectiveness of hypertension management.