

## **Abstrak**

UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI S1-ILMU KEPERAWATAN  
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Pengaruh *Circulo Massage* Terhadap Tekanan Darah Pada Penderita Hipertensi di  
Desa Sukowono Kabupaten Jember

xvi + 101 hal + 5 tabel + 9 gambar + 14 lampiran

### Abstrak

*Circulo Massage* merupakan salah satu pijat atau *massage* dengan sasaran utama sirkulasi darah limfe. Penelitian ini bertujuan untuk mengetahui pengaruh *circulo massage* terhadap tekanan darah pada penderita hipertensi di Desa Sukowono Kabupaten Jember. Penelitian menggunakan desain *Pre-experimental* dengan rancangan *Pretest – Posttest Group*. Populasi penelitian ini adalah penderita hipertensi di Desa Sukowono Kabupaten Jember dengan populasi sejumlah 152 responden dibagi menjadi 30. Teknik pengambilan sampel menggunakan *Simple Random Sampling*. Proses intervensi menggunakan protokol intervensi standar operasional prosedur *circulo massage*. Hasil penelitian dengan uji *Paired Sampel T-Test* ( $\alpha < 0,05$ ) menunjukkan pengaruh yang signifikan antara hasil pemberian *circulo massage* dengan pengukuran tekanan darah sistolik pre dan post intervensi pada penderita hipertensi. Hasil penelitian tentang pengukuran tekanan darah sistolik sebelum intervensi didapatkan nilai rata-rata 154,67 mmHg dan setelah intervensi didapatkan nilai rata-rata 146 mmHg. Pengaruh *circulo massage* terhadap tekanan darah sistolik dengan uji statistik *Paired Sampel T-Test* didapatkan *p value* sebesar 0,0001. Kesimpulan penelitian ini bahwa ada pengaruh signifikan tekanan darah pada penderita hipertensi sebelum dan sesudah diberikan *circulo massage*. Rekomendasi peneliti, diharapkan peneliti selanjutnya untuk lebih mengontrol variabel lain diluar penelitian sehingga dapat menghindari bias dalam penelitian.

Kata kunci: *circulo massage*, hipertensi, non-farmakologis

Daftar Pustaka 39 (2016-2024)

**Abstract**

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*Influence Circulo Massage Against Blood Pressure in Hypertension Sufferers in Sukowono Village, Jember Regency*

*xvi + 101 pages + 5 tables + 9 drawings + 14 appendices*

*Abstract*

*Circulo Massage is one of massage or massage with the main target of lymph blood circulation. This study aims to determine the effect of circulo massage on blood pressure in hypertensive patients in Sukowono Village, Jember Regency Research using Pre-experimental design with Pretest - Posttest Group design. The population of this study were hypertensive patients in Sukowono Village, Jember Regency with a population of 152 respondents divided into 30. The sampling technique used Simple Random Sampling. The intervention process uses a standardized intervention protocol for circulo massage procedures. The results of the study with the Paired Sample T-Test test ( $\alpha < 0.05$ ) showed a significant effect between the results of giving circulo massage with pre and post intervention systolic blood pressure measurements in hypertensive patients. The results of the study on the measurement of systolic blood pressure before the intervention obtained an average value of 154.67 mmHg and after the intervention obtained an average value of 146 mmHg. The effect of circulo massage on systolic blood pressure with the Paired Sample T-Test statistical test obtained a p value of 0.0001. The conclusion of this study is that there is a significant effect on blood pressure in hypertensive patients before and after being given circulo massage. Researcher recommendations, it is hoped that future researchers will better control other variables outside the study so as to avoid bias in research..*

*Keywords: Circulo massage, hypertension, non-pharmacological  
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