

## Abstrak

**UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS ILMU KESEHATAN**

Skripsi, Juli 2019  
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Pengaruh *Massage* Teknik *Effleurage* Terhadap Tekanan Darah Pada Penderita Hipertensi Di Wilayah Kerja Puskesmas Kemuningsari Kidul Kabupaten Jember

Jember, 2019

Xvii + 72 Halaman + 2 Bagan + 7 Tabel + 1 Gambar + 17 Lampiran

### Abstrak

Hipertensi merupakan faktor risiko utama penyebab kematian. Dalam mengatasi hipertensi dilakukan dengan berbagai macam cara terapi yaitu farmakologi dan non farmakologi. Penelitian ini menggunakan terapi non farmakologi yaitu *massage* teknik *effleurage*. Tujuan penelitian ini untuk mengetahui pengaruh *massage* teknik *effleurage* terhadap tekanan darah pada penderita hipertensi di wilayah kerja Puskesmas Kemuningsari Kidul Kabupaten Jember. Penelitian ini menggunakan metode kuantitatif dengan *desain pre-experimental design* dengan rancangan penelitian *one group pret test-post test design*. Populasi dalam penelitian ini adalah penderita hipertensi di wilayah kerja Puskesmas Kemuningsari Kidul Kabupaten Jember sebanyak 34 orang diambil sebagai sampel dengan menggunakan teknik purposive sampling. Hasil analisis uji *willcoxon rank test* didapatkan *p value*= 0,001 ( $p < 0,05$ ) yaitu ada pengaruh *massage* teknik *effleurage* terhadap tekanan darah pada penderita hipertensi di wilayah kerja Puskesmas Kemuningsari Kidul Kabupaten Jember.

Kata Kunci : Tekanan Darah, Hipertensi, *Massage* Teknk *Effleurage*.

**Abstract**

**UNIVERSITY OF MUHAMMADIYAH JEMBER  
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*The Effect of Effleurage Massage Technique on Hypertension's Blood Pressure  
in of Puskesmas Kemuningsari Kidul Kabupaten Jember*

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Xvii + 72 Page + 2 Outlines + 7 Table + 1 pictures + 17 sheets

**Abstract**

*Hypertension is the main risk factor for death. In overcoming hypertension carried out by various kinds of therapies, namely pharmacology and non-pharmacology. This study uses non-pharmacological therapy namely effleurage massage technique. The purpose of this study was to determine the effect of effleurage massage technique on blood pressure in hypertensive patients in the working area of Puskesmas Kemuningsari Kidul, Jember City. This study uses a quantitative method with pre-experimental design with one group pret test-post test design research design. The population in this study were hypertensive patients in the working area of Puskesmas Kemuningsari Kidul in Jember City as many as 34 people were taken as samples using purposive sampling technique. The results of the Willcoxon rank test analysis obtained p value = 0.001 ( $p < 0.05$ ), which is the effect of effleurage massage technique on blood pressure in hypertensive patients in the working area of Puskesmas Kemuningsari Kidul, Jember City. This research recommended that health officer can give nursing intervention like foot manual massage for Hypertension patient.*

*Keywords: Blood Pressure, Hypertension, Effleurage Massage Technique.*