

## ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER

PRORAM STUDI PROFESI NERS

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Implementasi *Progressive Muscle Relaxation* terhadap Perfusi Perifer Tidak Efektif pada Pasien *Chronic Kidney Disease* di Ruang Bougenville RSUD dr. H. Koesnadi Bondowoso

Xv + 84 Halaman + 8 Tabel + 8 Lampiran

**Pendahuluan:** Chronic Kidney Disease (CKD) sering disertai hipertensi yang dapat menyebabkan perfusi perifer tidak efektif akibat vasokonstriksi dan penurunan aliran darah ke jaringan. Salah satu terapi nonfarmakologis yang dapat digunakan adalah Progressive Muscle Relaxation (PMR) yang membantu meningkatkan sirkulasi melalui relaksasi otot dan vasodilatasi. **Metode:** Penelitian deskriptif dengan pendekatan studi kasus dilakukan pada tiga pasien CKD dengan masalah keperawatan perfusi perifer tidak efektif di Ruang Bougenville RSUD dr. H. Koesnadi Bondowoso. Intervensi PMR diberikan selama tiga hari berturut-turut. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, pengukuran tekanan darah, dan lembar observasi perfusi perifer. **Hasil:** Sebelum intervensi, pasien menunjukkan kelemahan, mudah lelah, CRT >2 detik, akral dingin, edema ekstremitas bawah, dan penurunan kekuatan otot. Setelah pemberian PMR, terjadi perbaikan berupa penurunan tekanan darah, CRT <2 detik, akral lebih hangat, berkurangnya edema, peningkatan kekuatan otot, dan toleransi aktivitas yang lebih baik. **Kesimpulan:** Progressive Muscle Relaxation (PMR) memberikan pengaruh positif terhadap perbaikan perfusi perifer pada pasien CKD. Intervensi ini dapat digunakan sebagai terapi nonfarmakologis untuk meningkatkan sirkulasi perifer dan membantu menstabilkan kondisi pasien.

Kata kunci: *Chronic Kidney Disease*, perfusi perifer tidak efektif, *Progressive Muscle Relaxation*, tekanan darah, asuhan keperawatan

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**MUHAMMADIYAH UNIVERSITY OF JEMBER**

**NERS PROFESSIONAL STUDY PROGRAM**

**FACULTY OF HEALTH SCIENCE**

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*Implementation of Progressive Muscle Relaxation on Ineffective Peripheral Perfusion in Patients with Chronic Kidney Disease in the Bougenville Ward of dr. H. Koesnadi Bondowoso Regional Hospital*

**xv + 84 Pages + 8 Tables + 8 Appendices**

**Background:** Chronic Kidney Disease (CKD) is often accompanied by hypertension, which can lead to ineffective peripheral perfusion due to vasoconstriction and reduced blood flow to tissues. One non-pharmacological therapy that can be used is Progressive Muscle Relaxation (PMR), which helps improve circulation through muscle relaxation and vasodilation. **Methods:** This descriptive study with a case study approach was conducted on three CKD patients with the nursing diagnosis of ineffective peripheral perfusion in the Bougenville Ward of dr. H. Koesnadi Bondowoso Regional Hospital. PMR was administered for three consecutive days. Data were collected through interviews, observations, physical examinations, blood pressure measurements, and peripheral perfusion observation sheets. **Results:** Prior to the intervention, patients experienced weakness, fatigue, capillary refill time (CRT) >2 seconds, cold extremities, lower extremity edema, and decreased muscle strength. Following PMR implementation, improvements were observed, including reduced blood pressure, CRT <2 seconds, warmer extremities, decreased edema, increased muscle strength, and better activity tolerance. **Conclusion:** Progressive Muscle Relaxation (PMR) had a positive effect on improving peripheral perfusion in CKD patients. This intervention can be used as a non-pharmacological therapy to enhance peripheral circulation and help stabilize patients' conditions.

**Keywords:** Chronic Kidney Disease, ineffective peripheral perfusion, Progressive Muscle Relaxation, blood pressure, nursing care.