

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

Karya Ilmiah Akhir, Juni 2026
Fikhih Wahyu Islamy

Implementasi *Ankle exercise* pada Keluarga dengan Anggota Keluarga Hipertensi di Desa Kemuningsari Lor Kecamatan Panti Kabupaten Jember
xvi +66 hal + 11 tabel + 11 lampiran

Abstrak

Hipertensi merupakan salah satu penyakit tidak menular yang masih menjadi masalah kesehatan utama karena prevalensinya tinggi dan dapat meningkatkan risiko komplikasi seperti stroke, penyakit jantung, serta gagal ginjal. Pengendalian hipertensi tidak hanya mengandalkan terapi farmakologis, tetapi juga memerlukan terapi nonfarmakologis yang mudah diterapkan di rumah. Salah satu intervensi yang dapat dilakukan adalah *ankle exercise*, yaitu latihan gerakan pada pergelangan kaki yang berfungsi meningkatkan sirkulasi darah perifer, membantu relaksasi pembuluh darah, serta mendukung pengendalian tekanan darah. Karya Ilmiah Akhir Ners ini bertujuan mengetahui hasil implementasi *ankle exercise* pada keluarga dengan anggota keluarga yang mengalami hipertensi di Desa Kemuningsari Lor, Kecamatan Panti, Kabupaten Jember. Metode yang digunakan adalah studi kasus pada tiga keluarga. Asuhan keperawatan keluarga dilaksanakan melalui tahapan pengkajian, penetapan diagnosis keperawatan, penyusunan intervensi, implementasi, dan evaluasi. Intervensi meliputi edukasi mengenai hipertensi, faktor risiko, pencegahan komplikasi, pentingnya pemeriksaan tekanan darah secara rutin, serta pelatihan *ankle exercise* yang dilakukan selama tiga kali kunjungan rumah. Hasil implementasi menunjukkan adanya peningkatan pengetahuan keluarga tentang hipertensi, meningkatnya kemampuan keluarga dalam menjelaskan kembali materi edukasi, serta kemampuan melakukan *ankle exercise* secara mandiri dan benar. Selain itu, keluarga menunjukkan peningkatan kesadaran dalam menerapkan perilaku hidup sehat dan melakukan pemantauan tekanan darah secara berkala. Disimpulkan bahwa implementasi *ankle exercise* sebagai bagian dari asuhan keperawatan keluarga dapat diterapkan sebagai terapi nonfarmakologis yang sederhana, aman, dan mudah dilakukan di rumah untuk mendukung pengelolaan hipertensi serta meningkatkan kemampuan keluarga dalam merawat anggota keluarga yang mengalami hipertensi.

Kata kunci: *ankle exercise*, asuhan keperawatan keluarga, hipertensi, terapi nonfarmakologis, keluarga.

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
NERS PROFESSIONAL STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Final Scientific Work, June 2025
Fikhih Wahyu Islamy

*Implementation of Ankle exercise in Families with Hypertensive Family Members
in Kemuningsari Lor Village, Panti District, Jember Regency*
xiv + 66 pages + 11 tables + 11 attachments

Abstract

Background: Hypertension was one of the major non-communicable diseases that remained a significant public health problem because it increased the risk of serious complications, including stroke, heart disease, and kidney failure. Hypertension management required not only pharmacological treatment but also non-pharmacological interventions. One of the recommended interventions was ankle exercise, which improved peripheral blood circulation and supported blood pressure control. This final nursing project aimed to determine the outcomes of implementing ankle exercise in families with hypertensive family members in Kemuningsari Lor Village, Panti District, Jember Regency. **Methods:** This study used a case study design involving three families with hypertensive family members. Family nursing care was carried out through assessment, nursing diagnosis, intervention planning, implementation, and evaluation. The intervention included health education regarding hypertension, its risk factors, complication prevention, the importance of regular blood pressure monitoring, and step-by-step ankle exercise training. The intervention was conducted during three home visits. **Results:** The implementation showed that family knowledge regarding hypertension increased after the educational sessions. Family members were able to explain the information that had been provided and demonstrated ankle exercise independently and correctly. In addition, they showed greater awareness of adopting healthy lifestyle behaviors and performing regular blood pressure monitoring as part of hypertension management. **Conclusion:** The implementation of ankle exercise was found to be a simple, safe, and practical non-pharmacological intervention for family-based hypertension management. It improved the family's knowledge, self-care skills, and ability to support hypertensive family members in managing their condition at home. Therefore, ankle exercise could be considered an effective complementary nursing intervention to enhance family participation in hypertension care.

Keywords: ankle exercise, family nursing, hypertension, non-pharmacological therapy, nursing care.