

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PRODI STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

Karya Ilmiah Akhir, Juli 2026
Rizki Ghifari Pratama, S.Kep

Penerapan *Hand And Foot Massage* Untuk Menurunkan Tekanan Darah Pada Pasien Hipertensi Di Ruang Lavender RSD dr. Soebandi Jember

XIV + 101 Halaman + 1 Bagan + 12 Tabel + 9 Lampiran

Abstrak

Hipertensi merupakan penyakit kronis dengan prevalensi yang terus meningkat dan menjadi faktor risiko utama penyakit kardiovaskular. Selain terapi farmakologis, terapi komplementer seperti *hand and foot massage* dapat digunakan untuk membantu menurunkan tekanan darah melalui efek relaksasi dan peningkatan sirkulasi darah. Karya ilmiah ini bertujuan menganalisis penerapan *hand and foot massage* dalam menurunkan tekanan darah pada pasien hipertensi di Ruang Lavender RSD Soebandi Jember. Penelitian ini menggunakan metode studi kasus dengan pendekatan asuhan keperawatan pada pasien hipertensi. Pengumpulan data dilakukan melalui pengkajian, observasi, pemeriksaan fisik, dokumentasi, serta pengukuran tekanan darah sebelum dan sesudah intervensi. Intervensi *hand and foot massage* diberikan sesuai standar operasional prosedur sebagai terapi komplementer disertai evaluasi hasil tindakan. Penerapan *hand and foot massage* menunjukkan adanya penurunan tekanan darah sistolik dan diastolik setelah intervensi. Selain itu, pasien tampak lebih rileks, nyaman, dan mengalami penurunan ketegangan sehingga mendukung stabilisasi hemodinamik selama proses perawatan. *Hand and foot massage* dapat diterapkan sebagai intervensi keperawatan nonfarmakologis yang aman dan efektif dalam membantu menurunkan tekanan darah pada pasien hipertensi. Terapi ini menjadi rekomendasi intervensi pendamping terapi farmakologis untuk meningkatkan kualitas asuhan keperawatan.

Kata Kunci: Asuhan Keperawatan; *Hand And Foot Massage*; Hipertensi
Daftar pustaka 25 (2021 – 2026)

ABSTRACT

Abstract

*MUHAMMADIYAH UNIVERSITY OF JEMBER
PROFESSIONAL NURSING PROGRAM
FACULTY OF HEALTH SCIENCES*

*Final Scientific Paper, July 2026
Rizki Ghifari Pratama*

*The Application of Hand and Foot Massage to Reduce Blood Pressure in
Hypertensive Patients at the Lavender Ward of RSD dr. Soebandi Jember*

XIV + 101 Pages + 1 Figure + 12 Tables + 9 Appendices

Abstract

Hypertension is a chronic disease with an increasing prevalence and is a major risk factor for cardiovascular diseases. In addition to pharmacological therapy, complementary therapies such as hand and foot massage can help reduce blood pressure by promoting relaxation and improving blood circulation. This final scientific paper aimed to analyze the application of hand and foot massage in reducing blood pressure among hypertensive patients in the Lavender Ward of RSD Soebandi Jember. This study employed a case study design using a nursing care approach for patients with hypertension. Data were collected through nursing assessment, observation, physical examination, documentation, and blood pressure measurements before and after the intervention. Hand and foot massage was administered according to the standard operating procedure as a complementary therapy, followed by an evaluation of the intervention outcomes. The implementation of hand and foot massage resulted in a reduction in both systolic and diastolic blood pressure. Furthermore, patients appeared more relaxed, comfortable, and experienced reduced muscle tension, contributing to improved hemodynamic stability during the nursing care process. Hand and foot massage can be applied as a safe and effective non-pharmacological nursing intervention to help reduce blood pressure in patients with hypertension. This therapy is recommended as a complementary intervention alongside pharmacological treatment to enhance the quality of nursing care.

*Keywords: Hand And Foot Massage; Hypertension; Nursing Care
References 25 (2021–2026).*