

ABSTRAK

PENERAPAN TEKNIK *GUIDED IMAGERY* TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS KARUWISI KOTA MAKASSAR

Jumriana , Tutik Agustini, Andi Mappanganro, Brajakson Siokal
Pofesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia
Makassar

Departemen *Community Health Nursing and Home Care*,
Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

Latar Belakang: Hipertensi merupakan salah satu masalah kesehatan masyarakat yang prevalensinya terus meningkat dan berisiko menimbulkan komplikasi serius seperti stroke dan penyakit jantung. Pendekatan non-farmakologis seperti teknik *guided imagery* mulai banyak digunakan untuk membantu menurunkan tekanan darah dengan membayangkan hal yang menyenangkan.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh penerapan teknik *guided imagery* terhadap penurunan tekanan darah pada penderita hipertensi di wilayah kerja Puskesmas Karuwisi, Kota Makassar.

Metode: Penelitian ini menggunakan desain pra eksperimen dengan pendekatan *pretest-posttest design*. dengan metode pengumpulan data menggunakan lembar observasi dan wawancara.

Hasil: Hasil penelitian menunjukkan adanya penurunan signifikan tekanan darah sistolik dan diastolik setelah intervensi *guided imagery* yang menunjukkan efektivitas teknik ini dalam membantu mengontrol tekanan darah

Kesimpulan: Teknik *guided imagery* efektif dalam menurunkan tekanan darah pada penderita hipertensi dan dapat menjadi alternatif terapi non-farmakologis yang direkomendasikan di layanan primer seperti Puskesmas.

Kata Kunci: *guided imagery*, hipertensi, tekanan darah

ABSTRACT

APPLICATION OF GUIDED IMAGERY TECHNIQUE TOWARDS BLOOD PRESSURE REDUCTION IN HYPERTENSION PATIENTS IN THE WORK AREA OF THE KARUWISI PUBLIC HEALTH CENTER IN MAKASSAR CITY

*Jumriana, Tutik Agustini, Andi Mappanganro, Brajakson Siokal
Nursing Profession, Faculty of Public Health, Muslim University of Indonesia Makassar*

*Department of Community Health Nursing and Home Care,
Faculty of Public Health, Muslim University of Indonesia Makassar*

Introduction : Hypertension is one of the public health problems whose prevalence continues to increase and is at risk of causing serious complications such as stroke and heart disease. Non-pharmacological approaches such as guided imagery techniques are starting to be widely used to help lower blood pressure by imagining pleasant things.

Objective: This study aims to determine the effect of the application of guided imagery techniques on lowering blood pressure in hypertension patients in the work area of the Karuwisi Public Health Center, Makassar City.

Method: This study used a pre-experimental design with a pretest-posttest design approach. with data collection methods using observation sheets and interviews.

Results: The results showed a significant decrease in systolic and diastolic blood pressure after guided imagery intervention, which showed the effectiveness of this technique in helping to control blood pressure

Conclusion: The guided imagery technique is effective in lowering blood pressure in patients with hypertension and can be an alternative non-pharmacological therapy recommended in primary care such as Puskesmas.

Keywords: blood pressure, guided imagery, hypertension