

ABSTRAK
PENERAPAN TERAPI RELAKSASI RENDAM KAKI AIR HANGAT
PADA PASIEN PENYAKIT HIPERTENSI
DI PUSKESMAS MACCINI RAYA

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Latar belakang : Hipertensi merupakan salah satu masalah kesehatan masyarakat yang prevalensinya terus meningkat dan berisiko menimbulkan komplikasi serius seperti stroke dan penyakit jantung. Pendekatan nonfarmakologis seperti terapi Relaksasi Rendam Kaki Air Hangat mulai banyak digunakan untuk membantu menurunkan tekanan darah dengan membayangkan hal yang menyenangkan.

Tujuan : Mengetahui efektivitas penerapan terapi Relaksasi Rendam Kaki Air Hangat pada penderita penyakit hipertensi di puskesmas maccini sawah kota makassar

Metode : Penelitian ini menggunakan studi kasus dengan pendekatan model asuhan keperawatan pada pasien penderita hipertensi meliputi pengkajian, perumusan diagnosa keperawatan, intervensi, implementasi, dan evaluasi.

Hasil : Penelitian menunjukkan adanya penurunan signifikan tekanan darah sistolik dan diastolik setelah intervensi Rendam Kaki Air Hangat yang menunjukkan efektivitas teknik ini dalam membantu mengontrol tekanan darah

Kesimpulan : Terapi Rendam Kaki Air Hangat efektif dalam menurunkan tekanan darah pada penderita hipertensi dan dapat menjadi alternatif terapi non-farmakologis yang direkomendasikan di layanan primer seperti Puskesmas.

Kata Kunci : rendam kaki air hangat, Hipertensi, Tekanan Darah

ABSTRACT

APPLICATION OF WARM FOOT BATH RELAXATION THERAPY IN HYPERTENSIVE PATIENTS AT MACCINI RAYA HEALTH CENTER

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Background : Hypertension is a major public health problem with increasing prevalence and a risk of serious complications such as stroke and heart disease. Non-pharmacological approaches, such as Warm Foot Bath Relaxation Therapy, are increasingly used to help lower blood pressure by imagining pleasant scenarios.

Objective: To determine the effectiveness of Warm Foot Bath Relaxation Therapy in hypertensive patients at Maccini Sawah Health Center, Makassar.

Methods: This study used a case study design with a nursing care approach in hypertensive patients, including assessment, nursing diagnosis formulation, intervention, implementation, and evaluation.

Results: The study showed a significant reduction in systolic and diastolic blood pressure after Warm Foot Bath intervention, indicating the effectiveness of this technique in helping control blood pressure.

Conclusion: Warm Foot Bath Therapy is effective in lowering blood pressure in hypertensive patients and can be recommended as a non-pharmacological alternative therapy in primary healthcare settings such as health centers.

Keywords: warm foot bath, hypertension, blood pressure