

## ABSTRAK

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### **KAJIAN LITERATUR: “EFEKTIVITAS *FOOT MASSAGE* TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI”**

(xv + 95 halaman; 2 Bagan; 5 Tabel; 2 Lampiran)

**Latar Belakang:** Hipertensi adalah penyakit yang beresiko tinggi serangan jantung (*heart attack*) terjadi karena peningkatan tekanan darah yang menyebabkan suplai oksigen menurun. Intervensi nonfarmakologi *foot massage* merupakan metode pijat dengan teknik mengusap, perkusi, memijat dan menggosokkan. Kejadian hipertensi di Indonesia sangat tinggi memerlukan penanganan tenaga medis dan penderita hipertensi itu sendiri. Prevelensi hipertensi di Indonesia cukup tinggi, terjadi pada kelompok umur 31-44 tahun (31,6%), umur 45-54 tahun (45,3%), umur 55-64 tahun (55,2%) dan tahun 2025 diprediksi sebanyak 29 % orang dewasa di seluruh dunia akan menderita hipertensi. **Tujuan Penelitian:** Mengetahui efektivitas *foot massage* terhadap tekanan darah pada penderita hipertensi. **Metode Penelitian:** *Literature review*, dengan 4 *database* DOAJ, Garuda, *Google Scholar* dan NCBI. **Hasil:** *Foot massage* efektif menurunkan tekanan darah pada penderita hipertensi rentang *p value* 0,000 - 0,01. Tema pertama yang di dapat *therapy foot massage* menurunkan tekanan darah pada penderita hipertensi, sub tema mekanisme penurunan tekanan darah, memberikan efek relaksasi, memperlancar aliran energi tubuh, memperlancar sirkulasi darah, dan mengurangi kecemasan. Tema kedua metode *therapy foot massage*, sub tema lokasi, durasi dan teknik *foot massage*. **Saran:** *Foot massage* efektif menurunkan tekanan darah dan dapat dilakukan sebagai terapi nonfarmakologi pada penderita hipertensi.

Kata kunci: *Foot massage*, hipertensi, tekanan darah.

Referensi: 42

## **ABSTRACT**

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### **LITERATURE REVIEW: "EFFECTIVENESS OF FOOT MASSAGE AGAINST REDUCTION OF BLOOD PRESSURE IN HYPERTENSION PATIENTS"**

(xv + 95 pages; 2 Chart; 5 Tables; 2 Official)

**Background:** Hypertension is a disease that has a high risk of causing a heart attack due to increased blood pressure which causes decreased oxygen supply. Nonpharmacological intervention foot massage is a method of massage with stroking, percussion, massaging and rubbing techniques. The incidence of hypertension in Indonesia is very high requiring the handling of medical personnel and hypertension sufferers themselves. The prevalence of hypertension in Indonesia is quite high, occurring in the age group 31-44 years (31.6%), ages 45-54 years (45.3%), age 55-64 years (55.2%) and in 2025 it is predicted as many 29% of adults worldwide will suffer from hypertension. **Objective:** To find out the effectiveness of foot massage on blood pressure in patients with hypertension. **Research Methods:** Literature review data collected through 4 databases of DOAJ, Garuda, Google Scholar dan NCBI. **Results:** Foot massage is effective in reducing blood pressure in patients with hypertension with a range of p value 0,000 - 0.01. The first theme that can be obtained is a therapy foot massage to reduce blood pressure in people with hypertension, sub-themes of the mechanism of lowering blood pressure, providing a relaxing effect, improving the body's energy flow, improving blood circulation, and reducing anxiety. The second theme is the method of foot massage therapy, sub-theme of location, duration and technique of foot massage. **Suggestion:** Foot massage is effective in lowering blood pressure and can be done as a non-pharmacological therapy in patients with hypertension.

**Keywords:** Hypertension, foot massage, blood pressure.

**Reference:** 42