

**ABSTRAK**

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA**  
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**PROGRAM STUDI S1 ILMU KEPERAWATAN**  
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**PENGARUH TERAPI AKUPRESUR TERHADAP PENURUNAN**  
**TEKANAN DARAH TINGGI PADA PENDERITA HIPERTENSI DI**  
**WILAYAH KERJA UPTD PUSKESMAS LOJI KABUPATEN**  
**MAJALENGKA**

Iv + 109 + 6 Gambar + 15 Tabel + 4 Skema + 12 Lampiran

**ABSTRAK**

Tekanan darah tinggi terjadi apabila tekanan di pembuluh darah terlalu tinggi diantara-Nya tekanan sistolik > 140 mmHg, dan Tekanan diastoliknya > 90 mmHg. Penyakit tersebut penyebab utama kematian dini di seluruh dunia. Adapun dalam penatalaksanaan Hipertensi diantaranya secara farmakologi dan non-farmakologi, dengan demikian Terapi Akupresur merupakan perkembangan dari terapi akupuntur dapat menurunkan tekanan darah, perangsangan di titik akupresur menyebabkan keluarnya hormon endorphin yang dapat mengurangi produksi asam laktat sehingga memberikan kondisi rileks dan nyaman.

Penelitian ini bertujuan untuk mengetahui pengaruh terapi akupresur terhadap penurunan tekanan darah tinggi pada penderita hipertensi.

Penelitian ini menggunakan desain penelitian *Quasi Experiment* dengan *Pre test – post Test Without Control* dengan sampel *Non Probability Sampling* dengan Dengan cara *Purposive Sampling*, yang melibatkan 94 Lansia dengan hipertensi. Tekanan darah diukur menggunakan spigmomanometer dan terapi akupresur dengan *standar Operational Procedure (SOP)*, Kemudian dilakukan analisis data dengan *wilcoxon* karena data Tidak berdistribusi normal.

Hasil Penelitian Sebelum terapi akupresur rerata tekanan darah sistolik dan diastolik sebelum terapi akupresur sebesar 156,62/103,64 mmHg sedangkan rerata tekanan darah sistolik dan diastolik setelah terapi akupresur 146,72/97,23 mmHg, mengalami penurunan signifikan dengan mean rank tekanan darah sistolik dan diastolik berada pada angka 47,50, sementara setelah terapi, mean rank turun menjadi 0,00. Nilai p-value sebesar  $0,001 < 0,05$  menunjukkan bahwa perbedaan ini signifikan secara statistik, artinya Pengaruh terapi akupresur terhadap penurunan tekanan darah pada penderita hipertensi di wilayah kerja puskesmas loji.

**Kata Kunci : Hipertensi , Terapi akupresur, Lansia.**

**Daftar Pustaka : 55 (2008 – 2024)**

**ABSTRACT****MAHARDIKA HEALTH AND TECHNOLOGY INSTITUTE  
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THE EFFECT OF ACUPRESSURE THERAPY ON REDUCING HIGH BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE WORKING AREA OF UPTD LOJI COMMUNITY HEALTH CENTER, MAJALENGKA REGENCY  
Iv + 109 + 6 Figures + 15 Tables + 4 Schemes + 12 Appendices

**ABSTRACT**

High blood pressure occurs when the pressure in the blood vessels is too high, with systolic pressure > 140 mmHg and diastolic pressure > 90 mmHg. This condition is a leading cause of premature death worldwide. Management of hypertension includes both pharmacological and non-pharmacological approaches. Acupressure therapy, a development from acupuncture, can reduce blood pressure. Stimulation of acupressure points triggers the release of endorphins, which can reduce lactate production, leading to a relaxed and comfortable state.

This study aims to determine the effect of acupressure therapy on the reduction of high blood pressure in patients with hypertension.

The research uses a Quasi-Experimental design with a Pre-test – Post-test Without Control approach, involving a Non-Probability Sampling method through Purposive Sampling, including 94 elderly individuals with hypertension. Blood pressure was measured using a sphygmomanometer and acupressure therapy was administered according to Standard Operational Procedure (SOP). Data analysis was performed using the Wilcoxon test due to non-normally distributed data.

The study results showed that the average systolic and diastolic blood pressure before acupressure therapy was 156.62/103.64 mmHg, while after therapy it was 146.72/97.23 mmHg, demonstrating a significant reduction. The mean rank of systolic and diastolic blood pressure was 47.50 before therapy, decreasing to 0.00 after therapy. The p-value of  $0.001 < 0.05$  indicates that this difference is statistically significant, meaning that acupressure therapy has a significant effect on lowering blood pressure in patients with hypertension in the Puskesmas Loji area.

**Keywords: Hypertension, Acupressure therapy, Elderly.**

**References: 55 (2008 – 2024)**