

ABSTRAK

**PENGARUH RELAKSASI *FINGER HOLD* (GENGGAM JARI) TERHADAP
PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI DI
PUSKESMAS WAIPUKANG KABUPATEN LEMBATA**

Maria Wilhelmina Lengari¹

Rini Pujiyanti², Simon Sani Kleden³, Jane Leo Mangi⁴

¹Mahasiswa Prodi PPN Jurusan Keperawatan Poltekkes Kemenkes Kupang

^{2,3,4}Dosen Jurusan Keperawatan Poltekkes Kemenkes Kupang

Email: mariawilhelminalengari@gmail.com

Latar belakang: Hipertensi menjadi salah satu penyebab kematian di dunia atau setara 40 juta kematian setiap tahunnya. *World Health Organization* (WHO) tahun 2020 menunjukkan di seluruh dunia sekitar 972 juta orang atau 26,4% populasi mengidap hipertensi dengan perbandingan 26,6% pria dan 26,1% wanita. Jumlah penderita hipertensi terus meningkat setiap tahunnya, diperkirakan pada tahun 2025 akan ada 1,5 Miliar orang yang akan terkena hipertensi, dan diperkirakan setiap tahunnya 9,4 juta orang meninggal akibat hipertensi dan komplikasi lainnya. Teknik relaksasi *finger hold* (genggam jari) dapat menurunkan tekanan darah penderita hipertensi. **Tujuan:** penelitian ini bertujuan untuk mengetahui pengaruh relaksasi *finger hold* (genggam jari) terhadap penurunan tekanan darah pada penderita hipertensi di Puskesmas Waipukang Kabupaten Lembata. **Metodologi:** Penelitian kuantitatif dengan desain penelitian *pre eksperiment* dengan rancangan penelitian yang digunakan adalah *one group pre test and post test design*. Besar sampel dalam penelitian ini sebanyak 35 responden. Jenis sampling yang digunakan adalah teknik purposive sampling dan di analisa menggunakan uji *paired T test*. Pemberian teknik relaksasi *finger hold* (genggam jari) dilakukan selama 20 menit dalam 3 hari berturut-turut. Sampel diberikan perlakuan selama 3 hari. Tekanan darah diukur dengan tensimeter digital. Data *pre test* merupakan tekanan darah pasien sebelum perlakuan (hari ke 0), dan *post test* adalah hasil pengukuran tekanan darah hari ke 3 setelah perlakuan. **Hasil:** Berdasarkan hasil uji *paired t-test* didapatkan hasil sig (2-tailed) 0,000. Nilai $p < 0,005$ dimana H_0 ditolak dan H_1 diterima. **Kesimpulan:** hasil uji statistik membuktikan bahwa relaksasi *finger hold* (genggam jari) efektif menurunkan tekanan darah pada penderita hipertensi di Puskesmas Waipukang Kabupaten Lembata tahun 2024.

Kata kunci : Hipertensi, *Finger hold*.

ABSTRACT

THE EFFECT OF *FINGER HOLD* RELAXATION ON LOWERING BLOOD PRESSURE IN HYPERTENSIVE PATIENTS AT THE WAIPUKANG HEALTH CENTER, LEMBATA REGENCY

Maria Wilhelmina Lengari¹

Riny Pujiyanti², Simon Sani Kleden³, Jane Leo Mangi⁴

¹Student of the PPN Study Program, Department of Nursing, Polytechnic, Ministry of Health, Kupang

^{2,3,4}Lecturer of the Department of Nursing, Polytechnic, Ministry of Health, Kupang

E-mail: mariawilhelminallengari@gmail.com

ABSTRACT

Background: Hypertension is one of the causes of death in the world or the equivalent of 40 million deaths every year. *The World Health Organization* (WHO) in 2020 showed that worldwide around 972 million people or 26.4% of the population have hypertension with a ratio of 26.6% of men and 26.1% of women. The number of people with hypertension continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people who will be affected by hypertension, and it is estimated that every year 9.4 million people will die from hypertension and other complications. The finger hold *relaxation technique* can lower the blood pressure of hypertensive patients. **Objective:** This study aims to determine the effect of finger *hold* relaxation on reducing blood pressure in hypertensive patients at the Waipukang Health Center, Lembata Regency. **Methodology:** Quantitative research with a *pre-experimental* research design with the research design used is *one group pre test and post test design*. The sample size in this study is 35 respondents. The type of sampling used is the purposive sampling technique and is analyzed using *the paired T test*. The finger hold relaxation technique was given for 20 minutes for 3 consecutive days. Samples were treated for 3 days. Blood pressure is measured with a digital sphygmomanometer. The pre-test data is the patient's blood pressure before the treatment (day 0), and the post test is the result of measuring blood pressure on the 3rd day after the treatment. **Results:** Based on the results of *the paired t-test*, a sig (2-tailed) result of 0.000 was obtained. The value of $p < 0.005$ where H_0 is rejected and H_1 is accepted. **Conclusion;** The results of statistical tests prove that *finger hold* relaxation is effective in lowering blood pressure in hypertensive patients at the Waipukang Health Center, Lembata Regency in 2024.

Keywords: Hypertension, *Finger hold*.