

## ABSTRAK

### Implementasi Terapi Rendam Kaki Air Hangat Terhadap Penurunan Tekanan Darah Pada Ibu Hamil Dengan Hipertensi di Puskemas Sikumana

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**Latar Belakang :** Hipertensi pada kehamilan merupakan salah satu komplikasi yang paling sering terjadi dan menjadi penyebab kedua tertinggi kematian ibu di Indonesia setelah perdarahan. Upaya penanganan dapat dilakukan secara farmakologis dan nonfarmakologis. Terapi ini bekerja melalui mekanisme vasodilatasi perifer yang memperlancar peredaran darah, menurunkan resistensi pembuluh darah, serta memberikan efek relaksasi sehingga dapat menurunkan tekanan darah pada ibu hamil. **Tujuan :** Mengetahui pengaruh terapi rendam kaki air hangat terhadap penurunan tekanan darah pada ibu hamil dengan hipertensi di Puskesmas Sikumana. **Metode :** Penelitian ini menggunakan desain studi kasus dengan format asuhan keperawatan. Instrumen penelitian meliputi tensimeter, termometer air, dan lembar observasi. Data dianalisis secara deskriptif dengan membandingkan hasil pengukuran tekanan darah sebelum dan sesudah intervensi. **Hasil :** Pemberian terapi rendam kaki air hangat terbukti menurunkan tekanan darah secara signifikan. Responden juga melaporkan perasaan lebih tenang, berkurangnya sakit kepala, rasa nyaman, tidur lebih nyenyak, serta tidak ditemukan efek samping serius. Terapi ini terbukti memberikan manfaat fisiologis maupun psikologis bagi ibu hamil dengan hipertensi. **Saran :** Terapi rendam kaki air hangat dapat dijadikan alternatif intervensi nonfarmakologis untuk menurunkan tekanan darah pada ibu hamil dengan hipertensi, baik di Puskesmas maupun di rumah, karena mudah, aman, dan dapat dilakukan secara mandiri.

**Kata Kunci :** Hipertensi Kehamilan, Ibu Hamil, Tekanan Darah, Terapi Rendam Kaki Air Hangat.

## *ABSTRACT*

### **Implementation of Warm Water Foot Soak Therapy on Blood Pressure Reduction in Pregnant Women with Hypertension at Sikumana Health Center**

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**Background:** Hypertension in pregnancy is one of the most common complications and is the second leading cause of maternal death in Indonesia after bleeding. Management of hypertension can be carried out through pharmacological and non-pharmacological therapies. One of the non-pharmacological therapies is warm foot soak therapy, which works through the mechanism of peripheral vasodilation, improving blood circulation, reducing vascular resistance, and providing a relaxation effect. **Objective:** To determine the effect of warm foot soak therapy on reducing blood pressure in pregnant women with hypertension at Sikumana Public Health Center. **Method:** This study used a case study design with a nursing care approach. Research instruments included a sphygmomanometer, water thermometer, and observation sheet. Data were analyzed descriptively by comparing blood pressure measurements before and after the intervention. **Result:** Warm foot soak therapy was proven to significantly reduce blood pressure. Respondents also reported feeling calmer, reduced headaches, increased comfort, improved sleep quality, and no serious side effects were found. This therapy provides both physiological and psychological benefits for pregnant women with hypertension. **Suggestion:** Warm foot soak therapy can be used as an alternative non-pharmacological intervention to reduce blood pressure in pregnant women with hypertension, both in health care facilities and at home, as it is simple, safe, and can be performed independently.

**Keywords:** Pregnancy Hypertension, Pregnant Women, Blood Pressure, Warm Foot Soak Therapy.