

**FAKULTAS ILMU KESEHATAN
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**TERAPI PIJAT REFLEKSI TELAPAK KAKI UNTUK MENURUNKAN
TEKANAN DARAH PADA PENDERITA HIPERTENSI
(LITERATURE REVIEW)**

ABSTRAK

xv bagian awal + 7 bab + 78 halaman+ 2 bagan+ table 1 + gambar 1 + 4 lampiran Angka prevalensi hipertensi saat ini masih cukup tinggi akibatnya risiko terjadinya stroke tinggi bahkan juga angka kematian meningkat. Hipertensi dapat ditangani secara farmakologi dan non farmakologi, salah satunya terapi pijat refleksi telapak kaki yang dapat menurunkan tekanan darah. Tujuan penelitian untuk mengetahui terapi pijat refleksi telapak kaki untuk menurunkan tekanan darah pada penderita hipertensi primer. Metode *literature review* dengan penelusuran artikel jurnal melalui *search engine* google scholar dan *proquest*, terdiri dari 1.995 populasi didapatkan 10 artikel yang sesuai dengan kriteria inklusi dan ekslusi. Tahapan yang dilakukan diawali dengan identifikasi masalah, *screening*, penilaian kualitas artikel dapat diakses lengkap teksnya, di analisis dengan PICOT dan menyusun laporan hasil. Hasil didapatkan bahwa pijat refleksi kaki dapat menurunkan tekanan darah pada penderita hipertensi primer karena sistem saraf simpatik mengalami penurunan aktivitas sehingga mengakibatkan penurunan tekanan darah. Kesimpulan pijat refleksi efektif menurunkan tekanan darah dengan memijat bagian telapak kaki selama 30 menit sehari 1-3 kali dilakukan 1-4 minggu secara teratur. Disarankan bagi penderita hipertensi terapi pijat refleksi dapat dilakukan sebagai salah satu upaya menurunkan tekanan darah disamping penanganan secara farmakologi.

Kata Kunci : Hipertensi, Pijat Refleksi Kaki, Tekanan Darah.
Pustaka : 20 (2016-2021)

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***FOOT REFLECTION MASSAGE THERAPY TO REDUCE BLOOD
PRESSURE IN HYPERTENSION PATIENTS
(LITERATURE REVIEW)***

ABSTRACT

xv start section+ 7 chapters+ 78 pages+ 2 charts+ 1 table+ 1 figure+ 4 appendices

The prevalence rate of hypertension is still quite high, resulting in a high risk of stroke and even an increased mortality rate. Hypertension can be treated pharmacologically and non-pharmacologically, one of which is foot reflexology therapy which can reduce blood pressure. The purpose of the study was to determine foot reflexology therapy to reduce blood pressure in patients with primary hypertension. The literature review method by searching journal articles through the Google Scholar and Proquest search engines, consisting of 1,995 populations, obtained 10 articles that matched the inclusion and exclusion criteria. The stages that are carried out begin with problem identification, screening, assessing the quality of articles that can be accessed with complete text, analyzed with PICOT and compiling a report on the results. The results showed that foot reflexology can reduce blood pressure in patients with primary hypertension because the sympathetic nervous system has decreased activity, resulting in a decrease in blood pressure. Conclusion reflexology is effective in lowering blood pressure by massaging the soles of the feet for 30 minutes a day 1-3 times carried out 1-4 weeks regularly. It is recommended for people with hypertension that reflexology therapy can be done as an effort to reduce blood pressure in addition to pharmacological treatment.

Keywords : *Blood Pressure, Foot Reflexology, Hypertension.*
Libraries : 20 (2016-2021)