

**PROGRAM STUDI SI KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Studi *Literatur Review*, Agustus 2025**

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Literatur Review: Efektivitas Terapi Non Farmakologi Dalam Mengelola Tekanan Darah Pada Pasien Hipertensi

Xii+48 Halaman +3 Tabel +4 Lampiran

ABSTRAK

Hipertensi merupakan suatu kondisi dimana terjadi peningkatan tekanan darah sistolik diatas 140 mmHg dan tekanan darah diastolik diatas 80 mmHg. Pengobatan hipertensi tidak hanya mengandalkan terapi farmakologis, namun terapi non-farmakologis telah terbukti efektif sebagai pendekatan komplementer yang aman dan minim efek samping untuk meninjau efektivitas berbagai bentuk terapi non- farmakologis dalam menurunkan tekanan darah pada pasien hipertensi melalui studi *literatur* sistematis. **Tujuan:** dari *literatur review* ini yaitu untuk mengetahui jenis terapi non farmakologi yang dapat mengelola tekanan darah pada pasien hipertensi. **Metode:** menganalisis ini merupakan *literature review* sistematis dengan menggunakan pedoman PRISMA. Sumber data diperoleh dari database elektronik seperti *PubMed*, *EBSCO*, *Elsevier*, dan *ProQuest* dalam keyword “*Hypertension*” dan “*Non Pharmacological*” atau “*Non pharmacological hypertension*” Kriteria inklusi meliputi publikasi tahun 2015-2025, berbahasa Indonesia/Inggris, dan membahas penurunan tekanan darah melalui intervensi non-farmakologis. Dari 73.357 artikel, 15 artikel memenuhi kriteria untuk dianalisis secara naratif. **Hasil:** Dari 15 artikel terpilih, seluruhnya melaporkan penurunan tekanan darah sistolik sebesar 3-12 mmHg dan diastolik sebesar 2-8 mmHg setelah intervensi non-farmakologis. Terapi yang paling efektif meliputi diet rendah natrium/DASH dan latihan fisik aerobik atau kombinasi aerobik-resistensi.

Kata kunci: Hipertensi, tekanan darah, terapi non-farmakologis, *literature review*, pengelolaan hipertensi

Daftar Bacaan: 30 (2015-2025)

NURSING PROGRAM
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Literature Review, August 2025

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Literature Review: Effectiveness of Non-Pharmacological Therapy in Managing Blood Pressure in Hypertensive Patients

Xii+48 Pages + 3 Tables + 4 Appendices

ABSTRACT

Hypertension is a condition where there is an increase in systolic blood pressure above 140 mmHg and diastolic blood pressure above 80 mmHg. The management of hypertension does not rely solely on pharmacological therapy; non-pharmacological therapy has been proven effective as a safe complementary approach with minimal side effects. This study aims to review the effectiveness of various forms of non-pharmacological therapy in reducing blood pressure among hypertensive patients through a systematic literature review. Objective: To identify types of non-pharmacological therapies that can help manage blood pressure in hypertensive patients. Methods: This study is a systematic literature review conducted using PRISMA guidelines. Data were obtained from electronic databases such as PubMed, EBSCO, Elsevier, and ProQuest using the keywords "Hypertension" and "Non-Pharmacological" or "Non-pharmacological hypertension." Inclusion criteria included publications from 2015–2025, written in Indonesian or English, and discussing blood pressure reduction through non-pharmacological interventions. Of 73,357 articles identified, 15 met the inclusion criteria and were analyzed narratively. Results: All 15 selected articles reported reductions in systolic blood pressure ranging from 3–12 mmHg and diastolic blood pressure from 2–8 mmHg following non-pharmacological interventions. The most effective therapies included a low-sodium/DASH diet and aerobic exercise or combined aerobic–resistance training.

Keywords: Hypertension, blood pressure, non-pharmacological therapy, literature review, hypertension management

References: 30 (2015-2025)