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Asuhan Keperawatan Keluarga Dengan Penerapan Relaksasi Autogenik Terhadap Masalah Keperawatan Manajemen Kesehatan Keluarga Tidak Efektif Pada Lansia Dengan Hipertensi Di Desa Sungai Putih Kec. Tapung Kab.Kampar
XII + 41 Halaman + 8 Tabel + 7 Lampiran

ABSTRAK

Lanjut usia adalah seseorang yang telah mencapai usia 60 tahun ke atas. Hipertensi lansia terjadi akibat adanya proses menua yang di salah satunya ditandai dengan adanya penurunan elastisitas dinding aorta, katub jantung menebal dan kaku, penurunan kemampuan jantung untuk memompa darah, sehingga tekanan darah meningkat. Tujuan Karya Ilmiah Akhir Ners adalah memberikan gambaran tentang hasil praktik Profesi Ners dengan Aplikasi Asuhan Keperawatan Keluarga Dengan Penerapan Terapi Relaksasi Autogenik Terhadap Masalah Keperawatan Manajemen Kesehatan Keluarga Tidak Efektif Pada Lansia Dengan Hipertensi Di Desa Sungai Putih Kac. Tapung Kab.Kampar. Metode yang digunakan dalam pelaksanaan intervensi keperawatan pemberian terapi relaksasi Autogenik terhadap penderita hipertensi. Peneliti mulai tanggal 17- 22 Februari 2025. Keunggulan terapi relaksasi Autogenik yaitu menurunkan Tekanan, menurunkan ketegangan otot, denyut nadi menurun, perubahan kadar lemak dalam tubuh, serta penurunan proses inflamasi. Teknik relaksasi memiliki manfaat bagi pikiran yakni meningkatkan gelombang alfa dalam otak sehingga tercapai keadaan rileks dan bugar serta meningkatkan konsentrasi. Pelaksanaan terapi relaksasi Autogenik dilakukan selama 2 hari dilakukan selama 15 menit. Hasil dari studi kasus ini setelah dilakukan sebanyak 2 hari subjek menerapkan terapi relaksasi Autogenik menunjukkan rata-rata setelah diberikan terdapat perbedaan yang signifikan keberhasilan keluarga terhadap aktivitas yang disarankan sebelum dan sesudah diberikan relaksasi Autogenik dan terdapat perbedaan yang signifikan antara intensitas nyeri dan tekanan darah sebelum dan sesudah terapi relaksasi autogenik pada lansia dengan Hipertensi.

Kata Kunci : Relaksasi Autogenik, Hipertensi, Lansia
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Family Nursing Care with the Application of Autogenic Relaxation to the Nursing Problem of Ineffective Family Health Management in Elderly with Hypertension in Sungai Putih Village, District. Tapung Regency Kampar
XII + 41 Pages + 8 Tables +7 Attachments

ABSTRACT

Elderly is someone who has reached the age of 60 years and over. Elderly hypertension occurs due to the aging process, one of which is characterized by a decrease in the elasticity of the aortic wall, thickened and stiffened heart valves, a decrease in the ability of the heart to pump blood, so that blood pressure increases. The purpose of the Ners Final Scientific Work is to provide an overview of the results of Ners Professional practice with the Application of Family Nursing Care with the Application of Autogenic Relaxation Therapy Against Nursing Problems of Ineffective Family Health Management in the Elderly with Hypertension in Sungai Putih Village, District. Tapung Regency.Kampar. The method used in the implementation of nursing interventions is the provision of Autogenic relaxation therapy for patients with hypertension. The author started on February 17-22, 2025. The advantages of Autogenic relaxation therapy are lowering pressure, reducing muscle tension, decreasing pulse rate, changing fat levels in the body, and reducing the inflammatory process. Relaxation techniques have benefits for the mind, namely increasing alpha waves in the brain so as to achieve a relaxed and fit state and increase concentration. The implementation of Autogenic relaxation therapy was carried out for 2 days for 15 minutes. The results of this case study after 2 days of the subject applying Autogenic relaxation therapy showed that on average after being given there was a significant difference in family success in the recommended activities before and after being given Autogenic relaxation and there was a significant difference between pain intensity before and after autogenic relaxation therapy in the elderly with hypertension.

Keywords : Autogenic Relaxation, Hypertension, Elderly
Bibliography : 13 (2019-2024)