

PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Skripsi, Juni 2024

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**PENGARUH AKUPRESUR *TITIK TAICHONG* DENGAN AROMATERAPI
CINNAMOMUM SP. TERHADAP TEKANAN DARAH PASIEN
HIPERTENSI DI WILAYAH KERJA PUSKESMAS
SIMPANG TIGA PEKANBARU**

Xiv + 54 Halaman + 2 Skema + 15 Tabel + 17 Lampiran + 1 Gambar

ABSTRAK

Hipertensi disebut pembunuh diam-diam (*Silent Killer*) karena tidak memberikan gejala yang khas tetapi bisa mengakibatkan penyakit degeneratif. Pada saat ini terapi yang menjadi tren pengobatan hipertensi yaitu komplementer. Salah satu terapi komplementer yang dapat dilakukan untuk hipertensi yaitu terapi akupresur titik *taichong* dan aromaterapi *cinnamomum sp.* Tujuan penelitian untuk mengetahui Pengaruh Akupresur Titik *Taichong* Dengan Aromaterapi *Cinnamomum Sp.* Terhadap Tekanan Darah Pasien Hipertensi Di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru. Jenis penelitian ini *Quasy Experimental Design* menggunakan rancangan jenis *Nonequeivalen Control Group Design*. Responden berjumlah 21 kelompok intervensi dan 21 kelompok kontrol. Dari hasil penelitian menggunakan Uji *Wilcoxon* menunjukkan pada Tekanan Darah Sistole (TDS) kelompok intervensi dan kontrol sebelum dan sesudah didapat negative ranks 21 dan 19 artinya sebanyak 21 orang kelompok intervensi dan 19 orang kelompok kontrol mengalami penurunan TDS, Sedangkan pada Tekanan Darah Diastole (TDD) didapat negative ranks 19 dan 17 artinya sebanyak 19 orang kelompok intervensi dan 17 orang kelompok kontrol mengalami penurunan TDD. Sehingga secara klinis ada perbedaan penurunan tekanan darah yang signifikan pada kelompok intervensi dibandingkan kelompok kontrol. Pada Uji *Man Whitney* menunjukkan bahwa nilai *p value* TDS sebelum dan sesudah perlakuan pada kelompok intervensi dan kontrol 0,460 ($>0,05$) dan *p value* TDD sebelum dan sesudah perlakuan pada kelompok intervensi dan kontrol 0,857 ($>0,05$) artinya *Ho* gagal ditolak, tidak ada perbedaan TDS dan TDD sebelum dan sesudah perlakuan pada kelompok kontrol dan intervensi. Penelitian selanjutnya dapat mengembangkan terapi akupresur titik *taichong* dan aromaterapi *cinnamomum sp.* dengan meningkatkan hari dan jumlah tetes aromaterapi yang diberikan.

Kata Kunci: Akupresur; *Taichong*; Aromaterapi; *Cinnamomum Sp.*; Hipertensi
Referensi: 54 Referensi (2016-2024)

NURSING PROGRAM STUDY
FACULTY OF NURSING
INSTITUT OF HEALTH SCIENCES PAYUNG NEGERI PEKANBARU
Research, June 2024

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THE EFFECT OF *TAICHONG* POINT ACCUPRESSURE WITH *CINNAMOMUM SP.* AROMATHERAPY ON BLOOD PRESSURE IN HYPERTENSION PATIENTS IN THE WORKING AREA OF SIMPANG TIGA PEKANBARU HEALTH CENTER

Xiv + 54 Pages + 2 Scheme + 15 Tables + 17 Attachment + 1 Picture

ABSTRACT

Hypertension is called a silent killer because it does not give typical symptoms but can lead to degenerative diseases. At this time, the therapy that is trending in the treatment of hypertension is complementary. One of the complementary therapies that can be done for hypertension is *taichong* point acupressure therapy and *cinnamomum sp.* aromatherapy. The purpose of the study was to determine the effect of *Taichong* Acupressure Point with *Cinnamomum Sp.* Aromatherapy on Blood Pressure of Hypertensive Patients in the Simpang Tiga Pekanbaru Health Center Working Area. This type of research is Quasy Experimental Design using Nonequivalent Control Group Design. Respondents totaled 21 intervention groups and 21 control groups. From the results of the study using the Wilcoxon Test, it shows that the Systole Blood Pressure (TDS) of the intervention and control groups before and after obtained negative ranks 21 and 19, meaning that as many as 21 people in the intervention group and 19 people in the control group experienced a decrease in TDS, while in Diastole Blood Pressure (TDD) obtained negative ranks 19 and 17, meaning that as many as 19 people in the intervention group and 17 people in the control group experienced a decrease in TDD. So that clinically there is a significant difference in blood pressure reduction in the intervention group compared to the control group. The Man Whitney test showed that the p value of TDS before and after treatment in the intervention and control groups was 0.460 (>0.05) and the p value of TDD before and after treatment in the intervention and control groups was 0.857 (>0.05), meaning that H_0 failed to be rejected, there was no difference in TDS and TDD before and after treatment in the control and intervention groups. Future research can develop *taichong* point acupressure therapy and *cinnamomum sp.* aromatherapy by increasing the days and number of aromatherapy drops given.

Keywords: Acupressure; *Taichong*; Aromatherapy; *Cinnamomum Sp*; Hypertension

References: 54 References (2016-2024)