

ABSTRAK

PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
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Perbandingan Efektivitas Masase Kaki Dan Relaksasi Otot Progresif Terhadap Fatigue Pasien Hipertensi Di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru.

XV + 74 Halaman + 13 Tabel + 15 gambar + 2 skema + 10 Lampiran

ABSTRAK

Hipertensi sering menimbulkan komplikasi berupa kelelahan (fatigue). Penatalaksanaan non farmakologis seperti masase kaki dan relaksasi otot progresif dapat digunakan sebagai terapi pilihan. Penelitian ini bertujuan membandingkan efektivitas masase kaki dan relaksasi otot progresif dalam menurunkan fatigue pada pasien hipertensi di wilayah kerja Puskesmas Simpang Tiga Kota Pekanbaru. Desain penelitian menggunakan *quasy eksperimen* dengan *two group pre test* dan *post test without control* yaitu kelompok masase kaki dan relaksasi otot progresif. Sampel penelitian sebanyak 42 responden menggunakan teknik *purposive sampling*. Intervensi diberikan masing-masing 3 hari, dan pengukuran fatigue dilakukan menggunakan kuesioner *Fatigue Severity Scale* (FSS). Hasil penelitian kelompok masase kaki menunjukkan Δ *mean pre test* dan *post test* 5,57 dan Z (-4,044). Kelompok relaksasi otot progresif Δ *mean* 2,81. Penurunan signifikan tingkat fatigue kedua kelompok dengan *p value* $0,000 < 0,05$. Namun, uji *mann-whitney* menunjukkan tidak terdapat perbedaan yang signifikan antara kedua kelompok dalam menurunkan fatigue dengan *p value* $0,055 > 0,05$. Kesimpulan, tidak terdapat perbedaan signifikan efektivitas di antara kedua terapi. Akan tetapi, berdasarkan perbedaan hasil Δ *mean* pada kedua kelompok terdapat pengaruh yang signifikan pada kelompok masase kaki dalam menurunkan fatigue sebesar 5,57. Terapi ini direkomendasikan sebagai terapi non farmakologis yang bisa dilakukan di rumah dan mudah.

Kata kunci : Hipertensi, Fatigue, Masase Kaki, Relaksasi Otot Progresif.
Daftar Bacaan : 56 (2020-2025)

ABSTRACT

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Comparison of the Effectiveness of Foot Massage and Progressive Muscle Relaxation on Fatigue in Hypertensive Patients in the Working Area of Community Health Centers Simpang Tiga Pekanbaru City

XV + 74 pages + 13 tables + 15 figures + 2 diagrams + 10 appendices

ABSTRACT

Hypertension often causes complications such as fatigue. Non-pharmacological management such as foot massage and progressive muscle relaxation can be used as alternative therapies. This study aims to compare the effectiveness of foot massage and progressive muscle relaxation in reducing fatigue in hypertensive patients in the service area of the Simpang Tiga Health Center in Pekanbaru City. The study design uses a quasi-experimental approach with two groups undergoing pre-test and post-test without a control group, namely the foot massage group and the progressive muscle relaxation group. The study sample consisted of 42 respondents using purposive sampling techniques. The interventions were administered over three days, and fatigue levels were measured using the Fatigue Severity Scale (FSS) questionnaire. The results for the foot massage group showed a mean difference between pre-test and post-test scores of 5.57 and a Z-score of -4.044. The progressive muscle relaxation group had a Δ mean of 2.81. There was a significant reduction in fatigue levels in both groups with a p-value of $0.000 < 0.05$. However, the mann-whitney test showed no significant difference between the two groups in reducing fatigue with a p-value of $0.055 > 0.05$. Conclusion: There was no significant difference in effectiveness between the two therapies. However, based on the difference in Δ mean results between the two groups, there was a significant effect in the foot massage group in reducing fatigue by 5.57. This therapy is recommended as a non-pharmacological therapy that can be performed at home and is easy to implement.

Keywords: Hypertension, Fatigue, Foot Massage, Progressive Muscle Relaxation.
References: 56 (2020-2025)