

**ANALISIS ASUHAN KEPERAWATAN KELUARGA PADA
LANSIA HIPERTENSI MELALUI INTERVENSI LATIHAN
ERGONOMIS DAN TERAPI MUSIK MOZART TERHADAP
PENURUNAN TEKANAN DARAH DI RT 09 RW 02
KELURAHAN KAMAL, JAKARTA BARAT**

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Abstrak

Lanjut usia memiliki kerentanan tinggi terhadap penyakit degeneratif seperti hipertensi yang dapat menimbulkan komplikasi serius apabila tidak dikelola dengan baik. Pendekatan non-farmakologis seperti latihan ergonomis dan terapi musik Mozart dapat digunakan sebagai strategi efektif dalam menurunkan tekanan darah. Penelitian ini bertujuan menerapkan asuhan keperawatan melalui pemberian intervensi latihan ergonomis dan terapi musik Mozart pada lansia hipertensi. Metode yang digunakan adalah studi kasus dengan pelaksanaan latihan ergonomis tiga kali seminggu selama tiga minggu dengan durasi 20–30 menit, serta terapi musik Mozart selama 14 hari berturut-turut dengan durasi 30 menit per sesi. Pengukuran tekanan darah dilakukan sebelum dan sesudah intervensi. Hasil menunjukkan adanya penurunan tekanan darah yang konsisten. Pada pasien kelolaan, latihan ergonomis menurunkan tekanan darah sistolik sebesar 27 mmHg dan diastolik 13 mmHg, sedangkan pada pasien resume penurunan mencapai 29 mmHg dan 19 mmHg. Terapi musik Mozart menurunkan tekanan darah sistolik sebesar 20 mmHg dan diastolik 9 mmHg pada pasien kelolaan, serta sistolik 28 mmHg dan diastolik 15 mmHg pada pasien resume. Berdasarkan temuan, latihan ergonomis dan terapi musik Mozart efektif menurunkan tekanan darah pada lansia hipertensi dan dapat diintegrasikan dalam asuhan keperawatan keluarga.

Kata Kunci: Hipertensi, Lansia, Latihan Ergonomis, Terapi Musik Mozart.

**ANALYSIS OF FAMILY NURSING CARE FOR ELDERLY
HYPERTENSIVE PATIENTS THROUGH ERGONOMIC
EXERCISE INTERVENTION AND MOZART MUSIC
THERAPY ON BLOOD PRESSURE REDUCTION IN
RT 09 RW 02, KAMAL VILLAGE, WEST JAKARTA**

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Abstract

The elderly are highly susceptible to degenerative diseases such as hypertension, which can cause serious complications if not managed properly. Non-pharmacological approaches such as ergonomic exercises and Mozart music therapy can be used as effective strategies in lowering blood pressure. This study aims to apply nursing care through ergonomic exercise interventions and Mozart music therapy in elderly people with hypertension. The method used was a case study with ergonomic exercises three times a week for three weeks with a duration of 20–30 minutes, as well as Mozart music therapy for 14 consecutive days with a duration of 30 minutes per session. Blood pressure measurements were taken before and after the intervention. The results showed a consistent decrease in blood pressure. In managed patients, ergonomic exercises reduced systolic blood pressure by 27 mmHg and diastolic blood pressure by 13 mmHg, while in resume patients, the reduction reached 29 mmHg and 19 mmHg. Mozart music therapy reduced systolic blood pressure by 20 mmHg and diastolic blood pressure by 9 mmHg in managed patients, and systolic blood pressure by 28 mmHg and diastolic blood pressure by 15 mmHg in resume patients. Based on the findings, ergonomic exercises and Mozart music therapy are effective in lowering blood pressure in elderly hypertensive patients and can be integrated into family nursing care.

Keywords: Hypertension, Elderly, Ergonomic Exercises, Mozart Music Therapy.