

**ANALISIS ASUHAN KEPERAWATAN PADA LANSIA HIPERTENSI
MELALUI *SLOW STROKE BACK MASSAGE* DAN AROMATERAPI
LAVENDER TERHADAP PERUBAHAN TEKANAN DARAH
DI RW 01 KELURAHAN MERUYUNG, DEPOK**

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Abstrak

Peningkatan prevalensi Penyakit Tidak Menular (PTM), khususnya hipertensi, merupakan isu krusial di kalangan populasi lanjut usia (lansia). Hipertensi didefinisikan sebagai kondisi tekanan sistolik ≥ 140 mmHg dan/atau diastolik ≥ 90 mmHg. Berdasarkan urgensi ini, salah satu terapi nonfarmakologis yang efektif untuk membantu penurunan tekanan darah adalah kombinasi *Slow Stroke Back Massage* (SSBM) dan aromaterapi lavender. Penelitian ini bertujuan untuk menerapkan asuhan keperawatan berupa intervensi SSBM dan aromaterapi lavender dalam menurunkan tekanan darah pada lansia dengan hipertensi. Penelitian ini dirancang melalui studi kasus dengan durasi intervensi sebanyak 3 kali dalam 7 hari. Tekanan darah diukur menggunakan tensimeter sebelum dan sesudah intervensi dilakukan. Hasil penelitian menunjukkan adanya penurunan tekanan darah yang signifikan pada dua keluarga binaan. Pada satu keluarga binaan, terjadi penurunan tekanan darah sistolik rata-rata sebesar 19 mmHg dan diastolik 6 mmHg. Sementara itu, pada keluarga binaan lainnya, penurunan tekanan darah sistolik rata-rata adalah 20.3 mmHg dan diastolik 6.3 mmHg. Dengan demikian, intervensi *Slow Stroke Back Massage* dan aromaterapi lavender terbukti efektif sebagai terapi komplementer untuk menurunkan dan mengendalikan tekanan darah pada pasien lansia dengan hipertensi.

Kata Kunci: Aromaterapi Lavender, Hipertensi, Lansia, *Slow Stroke Back Massage*,

**ANALYSIS OF NURSING CARE FOR ELDERLY PATIENTS
WITH HYPERTENSION THROUGH SLOW STROKE BACK
MASSAGE AND LAVENDER AROMATHERAPY
ON BLOOD PRESSURE REDUCTION IN RW 01,
MERUYUNG SUB-DISTRICT**

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Abstract

The increasing prevalence of Non-Communicable Diseases (NCDs), particularly hypertension, has become a critical health issue among the elderly population. Hypertension is defined as a persistent elevation of blood pressure with systolic values ≥ 140 mmHg and/or diastolic values ≥ 90 mmHg. In response to this growing concern, non-pharmacological interventions such as Slow Stroke Back Massage (SSBM) and lavender aromatherapy have emerged as effective complementary therapies to support blood pressure reduction. This study aims to implement nursing care interventions involving SSBM and lavender aromatherapy to reduce blood pressure among elderly individuals with hypertension. This research employed a case study design, with the intervention administered three times over a period of seven days. Blood pressure measurements were obtained using a sphygmomanometer before and after each intervention session. The results demonstrated a significant reduction in blood pressure among the two managed families. In the first family, the average reduction in systolic blood pressure was 19 mmHg and diastolic pressure decreased by 6 mmHg. In the second family, the average reduction in systolic pressure was 20.3 mmHg and the diastolic pressure decreased by 6.3 mmHg. These findings indicate that the combination of Slow Stroke Back Massage and lavender aromatherapy is effective as a complementary therapy for lowering and controlling blood pressure in elderly patients with hypertension.

Keywords: *Elderly, Hypertension, Lavender Aromatherapy, Slow Stroke Back Massage*