

ABSTRAK

**PENGARUH INTERVENSI MENDENGARKAN ASMAUL HUSNA,
ISOMETRIC HANDGRIP EXERCISE, DAN HIDROTERAPI KAKI
TERHADAP PENURUNAN TEKANAN DARAH PADA LANSIA
DENGAN HIPERTENSI DI UPTD DAN PANTI WERDHA
SURABAYA**

Penelitian *Quasy Experimental*

Oleh : Indah Mahmudah Khusniyah

Latar Belakang : Hipertensi atau tekanan darah tinggi seringkali muncul tanpa gejala, sehingga disebut sebagai silent killer. Berdasarkan permasalahan tersebut, metode non-farmakologi yang dapat menurunkan tekanan darah, yaitu intervensi mendengarkan Asmaul Husna, *isometric handgrip exercise*, dan hidroterapi kaki. Penelitian ini bertujuan melihat efektifitas pengaruh intervensi mendengarkan Asmaul Husna, *isometric handgrip exercise*, dan hidroterapi kaki terhadap tekanan darah pada lansia hipertensi. **Metode:** Desain penelitian *quasy experiment* dengan rancangan *pre-post test control group design* melibatkan 60 responden dengan teknik *probability sampling*. Variabel *independen* dalam penelitian ini yaitu intervensi mendengarkan Asmaul Husna, *isometric handgrip exercise*, dan hidroterapi kaki sedangkan variabel *dependen* yaitu tekanan darah sistolik, diastolik, dan nadi. Data diperoleh kemudian dianalisis menggunakan *Independent t Test* atau *Wilcoxon Signed Rank Test* dan *Mann Whitney* dengan derajat kemaknaan $\alpha \leq 0,05$. **Hasil:** Analisis data dengan uji statistik *Independent t Test* pada kedua kelompok didapatkan nadi ($p = 0,000$). Hasil pengujian dengan *Mann Whitney* didapatkan sistolik ($p = 0,000$) dan diastolik ($p = 0,000$) yang artinya terdapat perubahan tekanan darah sistolik, diastolik, dan nadi sebelum dan sesudah diberikan intervensi mendengarkan Asmaul Husna, *isometric handgrip exercise*, dan hidroterapi kaki. **Diskusi:** Intervensi mendengarkan Asmaul Husna, *isometric handgrip exercise*, dan hidroterapi kaki memiliki manfaat positif untuk menurunkan tekanan darah sistolik, diastolik, dan nadi pada lansia hipertensi, untuk penelitian selanjutnya peneliti menyarankan agar dikaji lebih tentang efektifitas intervensi ini dengan penambahan jumlah variabel *dependen*.

Kata kunci: Asmaul Husna, latihan isotonic handgrip, hidroterapi kaki, tekanan darah, hipertensi, lansia.

ABSTRACT

THE EFFECT OF LISTENING ASMAUL HUSNA, ISOMETRIC HANDGRIP EXERCISE, AND FOOT HYDROTHERAPY INTERVENTION TO REDUCE BLOOD PRESSURE IN THE ELDERLY WITH HYPERTENSION IN UPTD AND PANTI WERDHA SURABAYA

Quasy Experimental Research

By: Indah Mahmudah Khusniyah

Background: Hypertension or high blood pressure often appears without symptoms, so it is called a silent killer. Based on these problems, non-pharmacological methods that can reduce blood pressure, namely the intervention of listening to Asmaul Husna, isometric handgrip exercise, and foot hydrotherapy. This study aims to see the effectiveness of the influence of listening to Asmaul Husna, isometric handgrip exercise, and foot hydrotherapy interventions on blood pressure in elderly hypertension at UPTD and Panti Werdha Surabaya. **Method:** Quasy experiment research design with pre-post test control group design involving 60 respondents using probability sampling techniques. The independent variable in this study is the listening to Asmaul Husna, isometric handgrip exercise, and foot hydrotherapy intervention while the dependent variable is systolic, diastolic blood pressure, and pulse. The data obtained were then analyzed using the Independent t Test or Wilcoxon Signed Rank Test and Mann Whitney with a degree of significance $\alpha \leq 0.05$. **Results:** Data analysis using the Independent t Test statistic in the treatment group and control group was obtained by pulse ($p = 0,000$). The results of tests with Mann Whitney obtained systolic ($p = 0,000$) and diastolic ($p = 0,000$), which means that there are changes in systolic, diastolic, and pulse before and after listening to the intervention of Asmaul Husna, isometric handgrip exercise, and foot hydrotherapy. **Discussion:** listening to Asmaul Husna, isometric handgrip exercise, and foot hydrotherapy interventions have positive benefits for reducing systolic, diastolic blood pressure, and pulse in the elderly with hypertension, for further research the researchers suggest that more study about the effectiveness of the this intervention by increasing the number of dependent variables.

Keywords: Asmaul Husna, isotonic handgrip exercise, foot hydrotherapy, blood pressure, hypertension, elderly.