

## ABSTRACT

### THE EFFECT OF ACUPUNCTURE TECHNIQUE TO CHANGE OF BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION

A Quasy-Experiment Research In “Tresna Werdha”  
Elderly Nursing Home Tulungagung

By : Agus Wahyudi

Hypertension represents the important health problem in Indonesia which often occurs in elderly. Elderly Hypertension result from aging process which have implication to cardiovascular system. Acupuncture represents traditional nonfarmacological medication from China and have been practiced from hundreds of year to overcome various diseases, including hypertension. This study was aimed to analyze the effect of acupuncture technique to change of blood pressure in elderly with hypertension.

Design used in this study was quasy experimental design. The population was elderly with hypertension in “Tresna Werdha” elderly nursing home Tulungagung. Samples were taken using purposive sampling. Total sample were 20 respondents, taken according to inclusion criteria. There were 10 respondents in experiment group and 10 respondents in control group. The independent variable was acupuncture technique, by using electro stimulator. The dependent variable was blood pressure, by using sphygmomanometer and stethoscope. Data were analyzed using paired t test and independent T test with level of significance 0,05.

Experiment group showed the result of paired t test at systolic blood pressure ( $p=0.000$ ) and diastolic blood pressure ( $p=0.001$ ). Control group showed result of paired t test at systolic blood pressure (0.442) and diastolic blood pressure ( $p=0.399$ ). Result of independent T test between post test control group and post test experiment group showed at systolic blood pressure ( $p=0,000$ ) and diastolic blood pressure ( $p=0,525$ ).

It can be concluded that there are significant effects of acupuncture technique in changing (decreasig) blood pressure in elderly with hypertension. Further studies should measure rate of nitric oxide in vessel to obtain more accurate results and taking sample with hypertension sekunder in all age.

**Key word : acupuncture technique, elderly hypertension, blood pressure.**