

ABSTRAK

Perbedaan Tekanan Darah Sebelum dan Sesudah Pemberian Kombinasi Relaksasi Benson dan Aromaterapi Lavender Pada Pasien Hipertensi di Wilayah Kerja Puskesmas Kedungwuni I

Tasya Nabila Alfiyani¹, Dafid Arifiyanto²

Latar Belakang: Hipertensi memicu penyakit tidak menular seperti jantung, stroke, dan gagal ginjal. Penanganan penyakit hipertensi mencakup terapi farmakologis dan non farmakologis. Teknik relaksasi benson mengaktifkan sistem saraf parasimpatis yang menurunkan aktivitas sistem saraf simpatis sehingga menurunkan tekanan darah. Aromaterapi lavender mengandung *linalool* dan *linayl acetate* yang memberikan efek relaksasi.

Tujuan: Penelitian ini bertujuan mengetahui perbedaan tekanan darah sebelum dan sesudah pemberian kombinasi relaksasi benson dan aromaterapi lavender pada pasien hipertensi.

Metode: Penelitian ini merupakan penelitian kuantitatif, menggunakan rancangan *pre-eksperimental* dengan desain *one group pre-post test design*. Jumlah sampel sebanyak 20 responden hipertensi di Wilayah Puskesmas Kedungwuni I Kabupaten Pekalongan, dengan teknik *convenience sampling*. Instrumen penelitian menggunakan *sphygmomanometer* digital, *smartphone*, *diffuser*, *essential oil* aroma lavender, SOP, serta lembar observasi. Intervensi yang diberikan kombinasi relaksasi benson dan aromaterapi lavender. Analisa data menggunakan uji t dependen.

Hasil: Hasil penelitian menunjukkan adanya perbedaan tekanan darah sebelum intervensi 172,05/91,50 mmHg dan sesudah perlakuan 158,25/83,50 mmHg. Analisis data menggunakan uji t dependent diperoleh hasil tekanan darah sistole *p-value* 0,001. Hasil tekanan darah diastol *p-value* 0,001 yang berarti $p < 0,05$ ada perbedaan tekanan darah sistole dan diastole sebelum dan sesudah diberikan terapi kombinasi relaksasi benson dan aromaterapi lavender pada pasien hipertensi.

Simpulan: Terapi kombinasi relaksasi benson dan aromaterapi lavender mampu mengontrol tekanan darah pada pasien hipertensi di wilayah kerja Puskesmas Kedungwuni I Kabupaten Pekalongan.

Kata Kunci: Relaksasi Benson, Aromaterapi Lavender, Tekanan Darah, Hipertensi

Daftar Pustaka: 40 (2015-2024)

ABSTRACT

The Differences in Blood Pressure Before and After the Administration of a Combination of Benson Relaxation and Lavender Aromatherapy in Hypertensive Patients in the Working Area of Puskesmas Kedungwuni I

Tasya Nabila Alfiyani¹, Dafid Arifiyanto²

Background: Hypertension can lead to non-communicable diseases such as heart disease, stroke, and kidney failure. Management of hypertension includes both pharmacological and non-pharmacological therapies. The Benson relaxation technique activates the parasympathetic nervous system, thereby reducing sympathetic nervous activity and lowering blood pressure. Lavender aromatherapy contains linalool and linalyl acetate, which provide a relaxing effect.

Objective: This study aims to determine the difference in blood pressure before and after the administration of a combination of Benson relaxation and lavender aromatherapy in patients with hypertension.

Methods: This study was a quantitative pre-experimental study using a one-group pre-posttest design. The sample consisted of 20 hypertensive patients in the working area of Puskesmas Kedungwuni I Pekalongan, selected through convenience sampling. Research instruments included a digital sphygmomanometer, smartphone, diffuser, lavender essential oil, standard operating procedures (SOP), and observation sheets. The intervention provided was a combination of Benson relaxation and lavender aromatherapy. Data analysis was conducted using the paired sample t-test.

Results: The results showed a difference in blood pressure before the intervention (172.05/91.50 mmHg) and after the intervention (158.25/83.20 mmHg). Statistical analysis using the paired sample t-test showed a p-value of 0.001 for systolic blood pressure and 0.001 for diastolic blood pressure. Since $p < 0.05$. This indicates a significant difference in systolic and diastolic blood pressure before and after the combination therapy was administered.

Conclusion: The combination of Benson relaxation and lavender aromatherapy is effective in helping to control blood pressure in hypertensive patients in the working area of Puskesmas Kedungwuni I, Pekalongan.

Keywords: *Benson Relaxation, Lavender Aromatherapy, Blood Pressure, Hypertension*

References: 40 (2015–2025)