

**Program Studi Diploma Tiga Keperawatan
Fakultas Ilmu Kesehatan
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ABSTRAK

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Penerapan Promosi Kesehatan *Self Care Behaviour* Berbasis Audio Visual Dan Penerapan *Isometric Handgrip Exercise* Untuk Menurunkan Tekanan Darah Pada Penderita Hipertensi

Hipertensi merupakan penyakit tidak menular yang ditandai dengan peningkatan tekanan darah $\geq 140/90$ mmHg dan dapat menimbulkan berbagai komplikasi apabila tidak dikendalikan. Salah satu upaya pengendalian hipertensi adalah melalui peningkatan *self-care behaviour* dan latihan fisik *isometric handgrip exercise*. Penelitian ini bertujuan menggambarkan penerapan promosi kesehatan *self-care behaviour* berbasis audio visual dan *isometric handgrip exercise* pada penderita hipertensi. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan pada dua klien hipertensi yang dilakukan selama 5 kali kunjungan. Proses keperawatan yang dilakukan meliputi pengkajian, perumusan diagnosa, perencanaan, implementasi dengan edukasi *self-care behaviour* dan latihan *isometric handgrip exercise*, dan evaluasi keperawatan. Hasil menunjukkan tingkat pengetahuan klien I sebelum dan sesudah edukasi adalah 60%, klien II sebelum dan sesudah edukasi dari 80% menjadi 100%. Tekanan darah klien I menurun dari 166/93 mmHg menjadi 141/94 mmHg dan klien II dari 177/112 mmHg menjadi 138/97 mmHg. Kedua klien juga mengalami penurunan nyeri. Disimpulkan bahwa edukasi *self-care behaviour* berbasis audio visual dapat meningkatkan pengetahuan dan penerapan *isometric handgrip exercise* dapat menurunkan tekanan darah pada penderita hipertensi. Saran agar tindakan edukasi *self-care behaviour* dan latihan *isometric handgrip exercise* dapat diterapkan pada klien penderita hipertensi dikeluarga untuk meningkatkan pengetahuan keluarga dan menurunkan tekanan darah.

Kata Kunci: Hipertensi, Edukasi, *Self Care Behaviour*, Audio visual, *Isometric Handgrip Exercise*

ABSTRACT

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The Implementation of Audio-Visual Based of Self Care Behavior Health Promotion and Isometric Handgrip Exercise for Managing Blood Pressure on Patients with Hypertension

Hypertension is a non-communicable disease characterized by increased blood pressure $\geq 140/90$ mmHg and can cause various complications if not controlled. One of the various ways to control hypertension is through increasing self-care behavior and isometric handgrip exercise. This study aims to identify the effect of implementation of self-care behavior health promotion based on audio visual and isometric handgrip exercise in hypertension patients. This case study involving two hypertensive patients which was carried out during 5-time visits. The nursing process carried out includes assessment, diagnosis formulation, planning, implementation with self-care behavior education and isometric handgrip exercise, and nursing evaluation. The results show that the level of knowledge of the first patient before and after education was 60%, while second patient before and after education from 80% to 100%. The blood pressure in the first patient decreased from 166/93 mmHg to 141/94 mmHg, whereas second patient from 177/112 mmHg to 138/97 mmHg. In addition, both patients also reported pain relieve. This study concluded that audio-visual-based self-care behavior education can increase knowledge and the application of isometric handgrip exercise can reduce blood pressure in hypertension patients. This study suggests that self-care behavior education and isometric handgrip exercise can be implemented to patients with hypertension in the family to increase family knowledge and reduce blood pressure.

Keywords: *Hypertension, Education, Self-care Behavior, Audio-visual, Isometric Handgrip Exercise*