

**PENERAPAN TERAPI *HEALING TOUCH* BERBASIS
KELUARGA UNTUK MENURUNKAN TEKANAN
DARAH PADA PASIEN HIPERTENSI**

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Penerapan Terapi *Healing Touch* Berbasis Keluarga Untuk Menurunkan Tekanan Darah Pada Pasien Hipertensi

xvii + 146 halaman + 1 gambar + 6 tabel + 20 lampiran

ABSTRAK

Latar Belakang Hipertensi adalah penyakit kronis yang dapat menyebabkan komplikasi serius jika tidak ditangani. Terapi *Healing Touch* merupakan salah satu alternatif nonfarmakologis yang aman dan dapat dilakukan di rumah. **Tujuan** Mendeskripsikan penerapan terapi *Healing Touch* berbasis keluarga untuk menurunkan tekanan darah pada pasien hipertensi. **Metode** Penelitian ini menggunakan desain studi kasus deskriptif dengan lima responden hipertensi yang dipilih secara purposive. Intervensi dilakukan selama dua minggu dengan enam sesi terapi, didampingi oleh anggota keluarga. Data dikumpulkan melalui wawancara mendalam dan pengukuran tekanan darah sebelum dan sesudah terapi. **Hasil** Seluruh responden mengalami penurunan tekanan darah sistolik dan diastolik, peningkatan kualitas tidur, dan rasa rileks. Gejala seperti pusing, pundak berat, dan jantung berdebar berkurang. Responden merasa lebih tenang secara emosional dan mampu mengendalikan tekanan darah. Keterlibatan keluarga memberikan dukungan emosional yang memperkuat keberhasilan terapi. **Kesimpulan** Terapi *Healing Touch* berbasis keluarga efektif sebagai pendekatan nonfarmakologis yang holistik, mudah dilakukan, tidak membutuhkan biaya besar, dan mampu meningkatkan kesejahteraan pasien hipertensi.

Kata Kunci: Hipertensi, *Healing Touch*, Tekanan Darah, Keluarga, Keperawatan Holistik.

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Application of Family-Based Healing Touch Therapy to Lower Blood Pressure in Hypertensive Patients

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ABSTRACT

Background : Hypertension is a chronic disease that can lead to serious complications if not properly managed. Healing Touch therapy is a non-pharmacological alternative that is safe, simple, and can be performed at home.

Objective : To describe the implementation of family-based Healing Touch therapy in lowering blood pressure among hypertensive patients. **Methods :** This study used a descriptive case study design involving five hypertensive respondents selected purposively. The intervention was conducted over two weeks with six therapy sessions at home, accompanied by family members. Data were collected through in-depth interviews and blood pressure measurements before and after therapy.

Results : All respondents experienced a decrease in both systolic and diastolic blood pressure, improved sleep quality, and a greater sense of relaxation. Symptoms such as dizziness, shoulder tension, and palpitations were reduced. Respondents also reported increased emotional calmness and better self-regulation of blood pressure. Active family involvement provided emotional support that enhanced the success of the therapy. **Conclusion :** Family-based Healing Touch therapy is an effective, holistic, and non-pharmacological approach that is easy to learn, cost-efficient, and beneficial in lowering blood pressure and improving the well-being of hypertensive patients.

Keywords: Hypertension, Healing Touch, Blood Pressure, Family, Holistic Nursing