

ABSTRAK

Pengaruh Terapi Akupresur Terhadap Kualitas Tidur Lansia Hipertensi Di Puskesmas Dawan II

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Seiring bertambahnya usia, fungsi fisiologis menurun akibat proses penuaan, meningkatkan risiko Penyakit Tidak Menular (PTM), termasuk hipertensi. Lansia diketahui memiliki risiko yang lebih tinggi terhadap hipertensi akibat perubahan fisiologis yang terjadi seiring bertambahnya usia. Proses degenerasi pada lansia menyebabkan waktu tidur efektif semakin berkurang, sehingga tidak mencapai kualitas tidur yang adekuat dan akan menimbulkan berbagai macam keluhan tidur. Tujuan penelitian ini untuk mengetahui pengaruh terapi akupresur terhadap kualitas tidur lansia hipertensi di Puskesmas Dawan II. Penelitian ini menggunakan desain pre-eksperimental dengan rancangan one group pretest-posttest design. Jumlah sampel sebanyak 39 responden lansia hipertensi yang dipilih menggunakan teknik total sampling berdasarkan kriteria inklusi dan eksklusi. Kualitas tidur diukur sebelum dan sesudah pemberian terapi akupresur menggunakan kuisioner. Analisis data dilakukan menggunakan uji statistik Wilcoxon. Hasil penelitian mendapatkan hasil bahwa rata-rata kualitas tidur responden sebelum terapi yaitu 10,67 (SD 3,064) dan setelah terapi 7,56 (SD 2,891) hasil uji Wilcoxon menunjukkan nilai p-value sebesar 0,014 ($p < 0,05$) yang menunjukkan bahwa H_0 di tolak dan H_a di terima yang artinya terdapat pengaruh yang signifikan antara terapi akupresur terhadap peningkatan kualitas tidur lansia hipertensi di Puskesmas Dawan II tahun 2025.

Kata kunci: Akupresur, Hipertensi, Kualitas tidur, Lansia, Puskesmas Dawan II

ABSTRACT

The Effect of Acupressure Therapy on Sleep Quality of Hypertensive Elderly at Puskesmas Dawan II

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As we age, physiological functions decline due to the aging process, increasing the risk of non-communicable diseases (NCDs), including hypertension. The elderly are known to have a higher risk of hypertension due to physiological changes that occur with age. The degeneration process in the elderly causes effective sleep time to decrease, thus not achieving adequate sleep quality and will cause various kinds of sleep complaints. This study aims to determine the effect of acupressure therapy on the quality of sleep of elderly hypertension at the Dawan II Health Center. This study used a pre-experimental design with a one group pretest-posttest design. The sample size was 39 elderly hypertensive respondents selected using total sampling technique based on inclusion and exclusion criteria. Sleep quality was measured before and after acupressure therapy using a questionnaire. Data analysis was performed using the Wilcoxon statistical test. The results showed that the average respondent's sleep quality before therapy was 10.67 (SD 3.064) and after therapy 7.56 (SD 2.891) the results of the Wilcoxon test showed a p-value of 0.014 ($p < 0.05$) which indicates that H_0 is rejected and H_a is accepted, which means that there is a significant effect between acupressure therapy on improving the sleep quality of hypertensive elderly people at the Dawan II Health Center in 2025.

Keywords: Acupressure, Elderly, Hypertension, Sleep quality, Puskesmas Dawan II