

ABSTRACT

The Effect of Acupressure Therapy on Blood Pressure in Hypertensive Patients at Dawan Usadha Independent Nurse Practice

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Hypertension is a non-communicable disease with a high prevalence and a major risk factor for cardiovascular disease; therefore, its management should not rely solely on pharmacological therapy but also requires safe and easily applicable non-pharmacological interventions, one of which is acupressure therapy that works through relaxation mechanisms and modulation of the autonomic nervous system. This study aimed to determine the effect of acupressure therapy on blood pressure among patients with hypertension at the Dawan Usadha Independent Nursing Practice. The study employed a pre-experimental design with a one group pretest–posttest approach. A total of 20 hypertensive patients were selected using purposive sampling. Acupressure therapy was administered at points LI 11, LR 3, LI 4, SP 6, and GB 20 twice a week for four weeks. Systolic and diastolic blood pressure were measured before and after the intervention using a calibrated digital sphygmomanometer and analyzed using the Wilcoxon Signed Rank Test with a significance level of $\alpha < 0.05$. The results showed a significant reduction in systolic blood pressure from 150.30 mmHg to 142.30 mmHg ($p = 0.000$) and diastolic blood pressure from 89.40 mmHg to 85.60 mmHg ($p = 0.002$). These findings indicate that acupressure therapy is effective in reducing blood pressure through relaxation mechanisms and modulation of the autonomic nervous system, suggesting that acupressure is a safe, affordable, and applicable non-pharmacological intervention to support hypertension management and improve patients' quality of life.

Keywords: Acupressure, Blood Pressure, Hypertension, Complementary Therapy