

ABSTRACT
THE EFFECT OF ACUPRESSURE THERAPY ON BLOOD PRESSURE IN
HYPERTENSIVE PATIENTS IN THE WORKING AREA OF UPTD PUSKESMAS 3
NORTH DENPASAR

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Hypertension is a chronic health problem with an increasing prevalence and a high risk of serious complications such as heart disease and stroke. Blood pressure control is not only achieved through pharmacological treatment but can also be supported by non-pharmacological therapies, one of which is acupressure therapy. This study aimed to determine the effect of acupressure therapy on blood pressure in patients with hypertension in the working area of Puskesmas 3 North Denpasar. This study employed a quantitative design with a one-group pretest–posttest approach. The sample consisted of 20 patients with hypertension selected using purposive sampling. Acupressure therapy was administered by applying pressure to specific acupressure points for 15–20 seconds. Blood pressure was measured before and after the intervention. The average blood pressure before therapy was 149/79 mmHg, while after the therapy it decreased to 144/70 mmHg. And analyzed using a paired sample t-test. The results showed a reduction in both systolic and diastolic blood pressure after acupressure therapy, with statistically significant differences ($p < 0.05$). These findings indicate that acupressure therapy has a significant effect on reducing blood pressure in patients with hypertension. Acupressure therapy can be used as a safe and easily applicable complementary therapy that supports holistic nursing care for patients with hypertension.

Keywords: *Acupressure, Blood Pressure, Hypertension*

