

ABSTRAK

Pengaruh Pemberian Relaksasi *Butterfly Hug* terhadap Penurunan Tingkat Kecemasan pada Lansia dengan Hipertensi di Rumah Sakit Umum Daerah Bali Mandara Provinsi Bali

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Introduction: Hipertensi pada lansia sering disertai kecemasan yang dapat meningkatkan tekanan darah dan memperburuk kondisi kesehatan. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk menurunkan kecemasan adalah relaksasi *Butterfly Hug*, yaitu teknik sederhana, aman, dan mudah dilakukan secara mandiri. Penelitian ini bertujuan mengetahui pengaruh relaksasi *Butterfly Hug* terhadap tingkat kecemasan pada lansia dengan hipertensi. **Method:** Penelitian menggunakan desain pre-eksperimental dengan rancangan *One Group Pre-test Post-test*. Populasi berjumlah 60 lansia hipertensi yang dirawat di Rumah Sakit Umum Daerah Bali Mandara Provinsi Bali, dengan sampel 35 responden yang dipilih menggunakan *purposive sampling*. Intervensi *Butterfly Hug* diberikan dua kali sehari selama ± 10 menit selama tiga hari. Tingkat kecemasan diukur menggunakan *Geriatric Anxiety Inventory* dan dianalisis dengan uji *paired t-test*. **Result:** Rerata skor kecemasan menurun dari 7,29 (kecemasan sedang) sebelum intervensi menjadi 2,77 (kecemasan ringan) setelah intervensi. **Analysis:** Hasil uji *paired t-test* menunjukkan nilai $p=0,000$ ($<0,05$), yang berarti terdapat pengaruh signifikan relaksasi *Butterfly Hug* terhadap penurunan tingkat kecemasan. **Discussion:** *Butterfly Hug* memberikan stimulasi bilateral yang membantu menurunkan aktivitas amigdala, mengaktifkan sistem saraf parasimpatis, serta mengurangi pelepasan hormon stres sehingga menghasilkan efek relaksasi, meningkatkan rasa tenang, dan menurunkan kecemasan pada lansia hipertensi.

Kata Kunci: *Butterfly Hug*, Kecemasan, Lansia Hipertensi

ABSTRACT

The Effect of Butterfly Hug Relaxation on Reducing Anxiety Levels among Elderly Patients with Hypertension at Bali Mandara Regional General Hospital, Bali Province

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Introduction: Hypertension in older adults is frequently accompanied by anxiety, which may elevate blood pressure and worsen overall health outcomes. One non-pharmacological intervention that may reduce anxiety is the Butterfly Hug relaxation technique, a simple, safe, and self-administered method. This study aimed to determine the effect of the Butterfly Hug relaxation technique on anxiety levels among older adults with hypertension. **Method:** This study employed a pre-experimental design using a one-group pre-test–post-test approach. The study population consisted of 60 hospitalized older adults with hypertension at Bali Mandara Regional General Hospital, Bali Province. A total of 35 participants were selected using purposive sampling. The Butterfly Hug relaxation technique was administered twice daily (morning and afternoon) for approximately 10 minutes over three consecutive days. Anxiety levels were measured using the Geriatric Anxiety Inventory (GAI), and the data were analyzed using a paired t-test. **Results:** The mean anxiety score decreased from 7.29 (moderate anxiety) before the intervention to 2.77 (mild anxiety) after the intervention. **Analysis:** The paired t-test showed a statistically significant difference ($p < 0.001$), indicating that the Butterfly Hug relaxation technique effectively reduced anxiety levels among older adults with hypertension. **Discussion:** The Butterfly Hug technique provides bilateral stimulation through alternating taps on the chest or shoulders, promoting balanced activation of both cerebral hemispheres, reducing amygdala activity, stimulating the parasympathetic nervous system, and decreasing the release of stress hormones such as cortisol and adrenaline. These physiological responses induce relaxation, enhance emotional calmness, and alleviate anxiety.

Keywords: Butterfly Hug, Anxiety, Elderly with Hypertension