

ABSTRAK

Safaroh, Amelia. (2025). Efektifitas Terapi *Foot Massage* Dan Aromaterapi *Citrus Oil* Terhadap Hipertensi Pada Lansia. Program Studi Kebidanan, Diploma Tiga. Universitas AMIKOM Purwokerto. Pembimbing I: Uti Lestari, S.Si.T.,MH.Kes Pembimbing II: Gita Ayu Indria,_SST.,MPH.

Latar Belakang: Hipertensi merupakan salah satu penyakit degeneratif yang umum terjadi pada lansia dan berisiko menimbulkan komplikasi serius. Prevalensi hipertensi pada lansia di Indonesia, termasuk di Kabupaten Cilacap, tergolong tinggi. Penanganan non-farmakologis seperti *foot massage* dan aromaterapi *citrus oil* dinilai aman dan memberikan efek relaksasi. **Tujuan:** Penelitian ini bertujuan untuk mengetahui efektivitas terapi *foot massage* dan aromaterapi *citrus oil* terhadap penurunan tekanan darah pada lansia hipertensi. **Desain Penelitian:** Metode yang digunakan adalah studi kasus dengan pendekatan kualitatif. Subjek penelitian berjumlah tiga orang lansia di RT 02 RW 05, Kelurahan Sidanegara, Kecamatan Cilacap Selatan. Intervensi diberikan selama tiga hari berturut-turut. **Hasil:** Hasil menunjukkan adanya penurunan tekanan darah rata-rata sebesar 20 mmHg (sistolik) dan 13,33 mmHg (diastolik) setelah intervensi. Penurunan ini diduga berkaitan dengan efek relaksasi dan peningkatan sirkulasi darah. **Kesimpulan:** Terapi *foot massage* dan aromaterapi *citrus oil* efektif menurunkan tekanan darah pada lansia dan dapat dijadikan alternatif terapi non-farmakologis.

Kata kunci: lansia, hipertensi, *foot massage*, aromaterapi *citrus oil*, terapi non-farmakologis.

ABSTRACT

Safaroh, Amelia. (2025). *The Effectiveness of Foot Massage Therapy and Citrus Oil Aromatherapy on Hypertension in the Elderly.* Diploma Three Midwifery Study Program, Universitas AMIKOM Purwokerto. Advisor I: Uti Lestari, S.Si.T., M.H.Kes Advisor II: Gita Ayu Indria, SST., MPH

Background: Hypertension is a common degenerative disease among the elderly and carries a risk of serious complications. The prevalence of hypertension in the elderly in Indonesia, including Cilacap Regency, remains high. Non-pharmacological therapies such as foot massage and citrus oil aromatherapy are considered safe and provide a relaxing effect. **Objective:** To determine the effectiveness of foot massage and citrus oil aromatherapy in reducing blood pressure among elderly individuals with hypertension. **Method:** A qualitative case study involving three elderly participants in RT 02 RW 05, Sidanegara Urban Village, South Cilacap District. The intervention was conducted for three consecutive days. **Results:** There was an average decrease of 20 mmHg in systolic and 13.33 mmHg in diastolic blood pressure after the intervention. This reduction is believed to be associated with relaxation and improved blood circulation. **Conclusion:** Foot massage and citrus oil aromatherapy are effective in lowering blood pressure in the elderly and can serve as alternative non-pharmacological therapies.

Keywords: Elderly, hypertension, foot massage, citrus oil aromatherapy, non-pharmacological therapy.