

**PROGRAM STUDI ILMU KEPERAWATAN  
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**ABSTRAK**

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**PENGARUH TERAPI KOMBINASI SLOW STROKE BACK MASSAGE DAN  
MUROTTAL TERHADAP PERUBAHAN TEKANAN DARAH PASIEN  
HEMODIALISIS**

67 halaman + 17 tabel + 4 gambar + 17 lampiran + xiv

**Latar Belakang :** Gagal ginjal kronik (GGK) adalah penyakit penurunan fungsi ginjal secara progresif. Terapi medis yang digunakan untuk penderita GGK salah satunya berupa hemodialisis. Hemodialisis dapat mempengaruhi gambaran klinis pasien GGK seperti : mual, muntah, hipertensi dan gejala lainnya. Hipertensi dapat menjadi penyebab maupun komplikasi dari penyakit GGK. Terapi komplementer yang dapat digunakan untuk mengontrol tekanan darah pasien GGK yang mengalami hipertensi diantaranya dengan terapi kombinasi *slow stroke back massage* (SSBM) dan murottal. Tujuan penelitian ini untuk mengetahui pengaruh terapi kombinasi SSBM dan murottal terhadap perubahan tekanan darah pasien hemodialisis.

**Metode :** Penelitian ini menggunakan *quasy experiment one group pretest and posttest*. Responden yang digunakan sebanyak 17 orang. Pengukuran tekanan darah *pre-test* di lakukan sebelum dilakukan terapi kombinasi hari ke 1 dan pengukuran tekanan darah *post test* setelah selesai terapi kombinasi hari ke 3.

**Hasil :** Hasil uji pengaruh pretest-posttest diperoleh nilai sistolik  $p = 0,000$  dan diastolik  $p = 0,000$ . Terdapat perubahan yang bermakna sistolik dan diastolik setelah diberikan intervensi.

**Simpulan :** Terdapat pengaruh pemberian terapi kombinasi SSBM dan murottal terhadap perubahan tekanan darah pasien hemodialisis.

**Kata Kunci** : Gagal Ginjal Kronik, Hipertensi, Hemodialisis, *Slow Stroke Back Massage*, Murottal

**Daftar Pustaka** : 75 (2014-2020)

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**ABSTRACT**

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**THE EFFECT OF SLOW STROKE BACK MASSAGE AND *MUROTTAL* COMBINATION THERAPY ON BLOOD PRESSURE OF HEMODIALYSIS PATIENTS**

67 pages + 17 tables + 4 figure + 17 appendixes + xiv

**Background:** Chronic kidney disease (CKD) is a disease that causes progressive decline in kidney function. One of medical therapies applied to treat people with CKD is hemodialysis. Hemodialysis can affect the clinical pictures of CKD patients such as nausea, vomiting, hypertension and other symptoms. Hypertension can be a cause as well as complication of CKD. One of complementary therapies that can be implemented to control the blood pressure of CKD patients with hypertension is combination therapy with slow stroke back massage (SSBM) and *murottal* (Quran recitation recordings). This study aims to determine the effect of SSBM and *murottal* combination therapy on blood pressure of hemodialysis patients.

**Method:** This study uses the quasy experiment one group pretest and posttest. The data was collected from respondents of 17 people. The pretest blood pressure measurement was conducted before the first day combination therapy and the posttest blood pressure was measured after the third day combination therapy.

**Results:** The results of influence tests of the pretest-posttest show values of systolic  $p = 0.000$  and diastolic  $p = 0.000$ . There are significant changes in systolic and diastolic after the intervention was provided.

**Conclusion:** There is an effect of providing combination therapy of SSBM and *murottal* on changes in blood pressure hemodialysis patients.

**Keywords** : Chronic Kidney Disease, Hypertension, Hemodialysis, Slow Stroke Back Massage, *Murottal*

**References** : 75 (2014-2020)