

**PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN  
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG  
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**ABSTRAK**

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**PENGARUH TERAPI GUIDED IMAGERY TERHADAP  
TEKANAN DARAH PADA PASIEN HIPERTENSI DI RSI  
SULTAN AGUNG SEMARANG**

71 hal+6 tabel+11 lampiran

**Latar Belakang :** Hipertensi yaitu kondisi meningkatnya nilai tekanan darah paling sedikit 140/90 mmHg. Hipertensi yang tidak dikontrol dapat menimbulkan komplikasi pada jantung, ginjal, otak hingga berakhir dengan kematian. Terdapat tindakan *non-farmakologi* yang dapat dilakukan untuk mengontrol hipertensi yaitu terapi relaksasi *Guided Imagery*. Dimana sasaran terapi ini yaitu menurunkan tingkat stres pada pasien sehingga mempengaruhi tekanan darah. Tujuan dalam penelitian ini yaitu untuk mengetahui pengaruh terapi *Guided Imagery* terhadap tekanan darah pada pasien hipertensi di RSI Sultan Agung Semarang.

**Metode :** Jenis penelitian yang dilakukan yaitu *pre-eksperimental one group pre-test post-test design*. Jumlah responden sebanyak 18 pasien dengan teknik *purposive sampling*. Pengolahan data menggunakan uji *Paired T-Test*.

**Hasil :** Berdasarkan analisa diperoleh bahwa responden berjenis kelamin perempuan sebanyak 61,1%, responden terbanyak pada rentang usia 56-65 tahun yaitu 72,2%. Uji *Paired T-Test* menunjukkan hasil  $p < 0,001$  atau  $p < 0,05$ .

**Simpulan :** Terdapat pengaruh terapi *Guided Imagery* terhadap tekanan darah pada pasien hipertensi RS Islam Sultan agung Semarang.

**Kata Kunci :** Tekanan darah, Hipertensi, *Guided Imagery*

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***ABSTRACT***

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***THE EFFECT OF GUIDED IMAGERY THERAPY ON BLOOD PRESSURE  
IN HYPERTENSION PATIENTS AT RSI SULTAN AGUNG SEMARANG***

*71 page +6 table + 11 appendices*

**Background:** Hypertension is an increase in the value of blood pressure at least that is 140/90 mmHg. Uncontrolled hypertension can lead complications to the heart, kidneys, brain and eventually death. There are non-pharmacological actions that can be done to control hypertension, namely Guided Imagery relaxation therapy. Where the target of this therapy is to reduce stress levels in patients so that it can affects to the blood pressure. The purpose of this study was to determine the effect of Guided Imagery therapy on blood pressure in hypertensive patients at Sultan Agung Islamic Hospital Semarang.

**Methods:** This study is a type of pre-experimental research one group pre-test post-test design. Researcher was used 18 patients as a sample with purposive sampling technique. The data was analyzed by using the Paired T-Test.

**Results:** Based on the analysis, it was found that female respondents were 61.1% and most of respondents were in the 56-65 age range is 72.2%. The Paired T-Test showed that  $p < 0.001$  or  $p < 0.05$ .

**Conclusion:** There is an effect of Guided Imagery therapy on blood pressure in hypertensive patients at Sultan Agung Islamic Hospital Semarang.

**Keywords:** Blood pressure, Hypertension, Guided Imagery