

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

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**EFEKTIVITAS PEMBERIAN COKELAT DAN TERAPI TERTAWA  
TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN  
HIPERTENSI DI RSUD KOTA SEMARANG**

66 Hal + 17 Tabel + 2 Skema + xviii

**Latar belakang:** Hipertensi atau tekanan darah tinggi terjadinya peningkatan pada arteri dimana tekanan darah sistolik  $>140$  mmHg dan diastolik  $>90$  mmHg. Penatalaksanaan hipertensi dilakukan dengan pengobatan farmakologi, non-farmakologi dan terapi komplementer. Terapi komplementer diantaranya cokelat dan terapi tertawa. Tujuan penelitian adalah mengetahui efektivitas pemberian cokelat dan terapi tertawa terhadap penurunan tekanan darah pada pasien hipertensi.

**Metode:** Penelitian kuantitatif menggunakan *pre eksperiment* rancangan *static group comparison*. Jumlah responden 34 pasien dengan teknik *purposive sampling*. Instrumen penelitian ini adalah *sphygmomanometer* merk *riester*, *stethoscope* merk *riester*, cokelat, video humor dan lembar dokumentasi.

**Hasil:** Berdasarkan analisa dari 34 responden diperoleh tekanan darah sistolik sebelum *P-value* 0,003 dan sistolik setelah *P-value* 0,003. Sedangkan tekanan darah diastolik sebelum *P-value* 0,012 dan diastolik setelah nilai *P-value* 0,003 pemberian cokelat. Tekanan darah sistolik sebelum *P-value* 0,000 dan sistolik setelah *P-value* 0,000. Sedangkan tekanan darah diastolik sebelum *P-value* 0,001 dan diastolik setelah *P-value* 0,001 terapi tertawa.

**Simpulan:** Tidak ada perbedaan signifikan antara pemberian cokelat dan terapi tertawa terhadap penurunan tekanan darah pada pasien hipertensi.

**Kata kunci:** Hipertensi, cokelat, terapi tertawa.

**Daftar pustaka:** 89 (2003 - 2014).

**UNDERGRADUATE NURSING PROGRAM**

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**ABSTRACT**

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**THE EFFECTIVENESS OF GIVING CHOCOLATE AND LAUGH THERAPY TOWARD DECREASING BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION AT RSUD OF SEMARANG**

66 Pages + 17 Tables + 2 Schemes + xviii

**Background:** Hypertension or high blood pressure is increasing the artery which is the systolic blood pressure of  $>140$  mmHg and diastolic pressure of  $>90$ . The management of hypertension is done by the treatment of pharmacological, non-pharmacological and complementary therapies. Complementary therapy includes chocolate and laughing therapy. The purpose of the study is to determine the effectiveness of giving chocolate and laugh therapy toward decreasing blood pressure in patients with hypertension.

**Methods:** The quantitative research used *pre experiment* design of *static group comparison*. The number of respondents were 34 patients with *purposive sampling techniques*. The instruments of this study were *sphygmomanometer of riester brand*, *stethoscope of riester brand*, chocolate, humor videos and document sheets.

**Results:** Based on the analysis of 34 respondents, it was obtained that, the systolic blood pressure before *P-value* was 0.003 and after *P-value* was 0.003. While, the diastolic pressure before *P-Value* was 0.012 and after *P-value* was 0.003 after giving chocolate. The systolic blood pressure before *P-value* was 0.000 and after *P-value* was 0.000. The diastolic pressure before *P-Value* was 0.001 and after *P-value* was 0.001 after doing laugh therapy.

**Conclusion:** There is no significant differences between giving chocolate and laugh therapy toward decreasing blood pressure in patients with hypertension.

**Keywords:** Hypertension, chocolate, laugh therapy.

**Bibliography:** 89 (2003 - 2014).