

# Manajemen stres hipnosis lima jari sebagai intervensi asuhan keperawatan keluarga dengan masalah kesehatan hipertensi di Kelurahan Sukamaju Baru Kecamatan Tapos Depok = Stress management five fingers hypnosis as a the nursing intervention for hypertension in Kelurahan Sukamaju Baru Kecamatan Tapos Depok

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## Abstrak

[<b>ABSTRAK</b><br> Hipertensi merupakan salah satu masalah kesehatan perkotaan yang terjadi pada usia dewasa. Hal ini dipengaruhi oleh perubahan gaya hidup masyarakat perkotaan. Individu yang sering mengalami stress dan ketegangan pikiran yang berlarut-larut akan berisiko untuk mengalami hipertensi. Di Kelurahan Sukamaju Baru ditemukan keluarga dengan dewasa yang menderita hipertensi karena mengalami stress. Diagnosis keperawatan yang ditegakkan adalah ketidakefektifan manajemen kesehatan: hipertensi. Intervensi keperawatan yang diberikan adalah manajemen stres: hipnosis lima jari pada penderita hipertensi. Hasil intervensi menunjukkan bahwa manajemen stres: hipnosis lima jari berhasil mengurangi stress, memberikan kenyamanan, dan ketenangan sehingga dapat menurunkan tekanan darah. Perawatan tersebut diharapkan dapat membantu keluarga dalam melakukan perawatan mandiri pada keluarga dengan masalah kesehatan hipertensi.<b>ABSTRACT</b><b> Hypertension is one of the common health problems that occur in adults, as the

result of the lifestyle of urban communities. Individuals who often experience stress and prolonged tension of mind is at risk for hypertension. It was found in Kelurahan Sukamaju Baru that family with adult who suffered from hypertension because of the stress. Ineffectiveness health management: hypertension was became the priority of nursing diagnostic. The nursing intervention provided was stress management: five fingers hypnosis. The results showed that stress management: five fingers hypnosis could reduce the stress, provided comfort, quietness, and therefore reduce the blood pressure. Those treatment were expected to help family in performing self-care in the family with health problems of hypertension.;Hypertension is one of the common health problems that occur in adults, as the result of the lifestyle of urban communities. Individuals who often experience stress and prolonged tension of mind is at risk for hypertension. It was found in Kelurahan Sukamaju Baru that family with adult who suffered from hypertension because of the stress. Ineffectiveness health management: hypertension was became the priority of nursing diagnostic. The nursing intervention provided was stress management: five fingers hypnosis. The results showed that stress management: five fingers hypnosis could reduce the stress, provided comfort, quietness, and therefore reduce the blood pressure. Those treatment were expected

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