

Penurunan Ansietas Dan Tekanan Darah Melalui Pranic Healing Pada Pasien Hipertensi = Reduction Of Anxiety And Blood Pressure Through Pranic Healing In Hypertension Patients

Agus Setiawan, author

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Abstrak

Latar belakang :Hipertensi merupakan salah satu penyakit yang banyak diderita yang memiliki komplikasi yang berbahaya. Dampak ansietas pada hipertensi tidak tertangani maka dapat memperburuk kondisi hipertensi. Tujuan: Penelitian bertujuan mengetahui pengaruh pranic healing terhadap ansietas, tekanan darah dan nadi pasien hipertensi. Metode: Penelitian ini quasi eksperimen pretest-postest control group dengan simple random sampling. Berdasarkan data kunjungan ke puskesmas di acak kedalam kelompok pranic healing dan kelompok kontrol. Kelompok pranic healing 37 diberikan perlakuan pranic healing setiap pekan selama 4 pekan. Kelompok kontrol 36 diberi tindakan dasar setiap pekan selama 4 pekan. Ansietas diukur menggunakan Hamilton Anxiety Rating Scale (HARS). Analisis data menggunakan menggunakan Mann Whitney dan Independen T test. Hasil: perbedaan perubahan skor sesudah perlakuan pada kelompok intervensi dan kelompok kontrol. Pada ansietas kelompok intervensi sebesar 10 dan pada kelompok kontrol 14, dengan $p = 0,001$. Tekanan sistolik kelompok intervensi rerata 138,6 mmHg dan kelompok kontrol 146,0 mmHg dengan $p = 0,001$. Tekanan diastolik kelompok intervensi sebesar 84 mmHg dan pada kelompok kontrol 88,5 mmHg, dengan $p = 0,001$. Nadi kelompok intervensi sebesar 86 x/mnt dan pada kelompok kontrol 87,5 x/mnt, dengan $p = 0,117$. Kesimpulan: pranic healing menurunkan ansietas dan tekanan sistolik dan diastolik, pranic healing dapat digunakan pada penderita hipertensi

.....Background: Hypertension is one of the most common diseases that has dangerous complications. The impact of anxiety in hypertension is not handled, it can worsen the condition of hypertension. Objective: The study aims to determine the effect of pranic healing on anxiety, blood pressure, and pulse of hypertensive patients. Methods: This research is a quasi-experiment pretest-postest control group with simple random sampling. Based on data on visits to the health center, patients were randomized into a pranic healing group and a control group. The pranic healing group 37 was given pranic healing treatment every week for 4 weeks. The control group 36 was given basic care every week for 4 weeks. Anxiety was measured using the Hamilton Anxiety Rating Scale (HARS). Data analysis using Mann Whitney and Independent T-test. Results: differences in changes in scores after treatment in the intervention group and control group. In the intervention group anxiety was 10 and in the control group 14, with $p = 0.001$. The systolic pressure of the intervention group averaged 138.6 mmHg and the control group 146.0 mmHg with $p = 0.001$. The diastolic pressure of the intervention group was 84 mmHg and in the control group 88.5 mmHg, with $p = 0.001$. The pulse rate of the intervention group was 86 x/min and that of the control group was 87.5 x/min, with $p = 0.117$. Conclusion: Pranic healing reduces anxiety and systolic and diastolic pressure, pranic healing can be used in patients with hypertension.