

INTERVENSI NON-FARMAKOLOGIS TERHADAP PENURUNAN TEKANAN DARAH PADA LANSIA DENGAN HIPERTENSI: SUATU KAJIAN SISTEMATIS

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Article Info	ABSTRAK
<p>Article History: Received 19/09/2025. Revised - Accepted 30/09/2025.</p> <hr/> <p>Keywords: Elderly Hypertension Non-pharmacological intervention Blood pressure Systematic review</p>	<p>Latar Belakang: Hipertensi pada lansia masih menjadi tantangan kesehatan utama yang berkontribusi signifikan terhadap morbiditas dan mortalitas kardiovaskular. Pendekatan non-farmakologis semakin diakui sebagai strategi komplementer yang aman dan efektif. Tujuan: Penelitian ini bertujuan mengidentifikasi, mengelompokkan, dan mengevaluasi efektivitas berbagai intervensi non-farmakologis dalam menurunkan tekanan darah pada lansia dengan hipertensi. Metode: Kajian Systematic Literature Review dilakukan berdasarkan pedoman PRISMA. Pencarian literatur menggunakan database Scopus, PubMed, ScienceDirect, dan Google Scholar (2020 - 2025). Sebanyak 23 penelitian primer memenuhi kriteria inklusi (RCT dan quasi-eksperimen dengan responden ≥ 60 tahun). Kualitas metodologi dinilai dengan Joanna Briggs Institute Critical Appraisal Checklist, dan sintesis deskriptif-kuantitatif digunakan untuk menghitung rata-rata penurunan tekanan darah sistolik dan diastolik. Hasil: Lima kategori utama intervensi non-farmakologis diidentifikasi: latihan fisik, terapi relaksasi/psikologis, terapi herbal/alami, hidroterapi, dan program edukasi. Intervensi paling efektif adalah latihan fisik dan relaksasi, dengan penurunan tekanan darah sistolik 16,8 - 17,5 mmHg dan diastolik 12,5 - 12,7 mmHg. Hidroterapi, meskipun hanya diwakili oleh satu studi, menunjukkan penurunan sistolik tertinggi (21,0 mmHg). Secara keseluruhan, 30% studi memiliki risiko bias rendah dan 70% sedang, dengan temuan positif yang konsisten. Kesimpulan: Intervensi non-farmakologis terbukti efektif dan aman untuk mengelola hipertensi pada lansia. Pendekatan kombinasi meliputi senam, relaksasi, dan edukasi mandiri direkomendasikan untuk diintegrasikan dalam program kesehatan komunitas lansia. Nilai Kebaruan/Implikasi: Kajian ini memberikan bukti komprehensif mengenai efektivitas berbagai strategi non-farmakologis, serta menyoroti intervensi yang murah, mudah, dan adaptif secara budaya untuk mendukung pengelolaan hipertensi lansia.</p>
	<p>ABSTRACT <i>Background: Hypertension in the elderly remains a major health challenge, contributing significantly to cardiovascular morbidity and mortality. Non-pharmacological approaches have increasingly been recognized as safe and effective complementary strategies. Objective: This study aims to identify, categorize, and evaluate the effectiveness of various non-pharmacological interventions in reducing blood pressure among elderly patients with hypertension. Methods: A Systematic Literature Review was conducted following PRISMA guidelines. Literature was retrieved from Scopus, PubMed, ScienceDirect, and Google Scholar (2020</i></p>

- 2025). A total of 23 primary studies met the inclusion criteria (RCTs and quasi-experiments with elderly ≥ 60 years). Methodological quality was assessed using the Joanna Briggs Institute (JBI) Critical Appraisal Checklist, and descriptive-quantitative synthesis was applied to measure average reductions in systolic and diastolic blood pressure. Results: Five main categories of non-pharmacological interventions were identified: physical exercise, relaxation/psychological therapy, herbal/natural remedies, hydrotherapy, and educational programs. The most effective interventions were physical exercise and relaxation, reducing systolic blood pressure by 16.8 - 17.5 mmHg and diastolic by 12.5 - 12.7 mmHg. Hydrotherapy, though represented by only one study, showed the highest reduction in systolic pressure (21.0 mmHg). Overall, 30% of studies had low risk of bias, while 70% were moderate, with consistent positive findings across categories. Conclusion: Non-pharmacological interventions are effective and safe for managing hypertension in the elderly. A combined approach integrating exercise, relaxation, and self-management education is recommended for community-based elderly health programs. Originality/Value: This review provides comprehensive evidence on the comparative effectiveness of diverse non-pharmacological strategies, highlighting feasible, low-cost, and culturally adaptable interventions to support elderly hypertension management.

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