

EFEKTIVITAS TERAPI KOMPLEMENTER MULTIMODAL: RENDAMAN AIR HANGAT, AROMATERAPI, DAN HIPNOTERAPI TERHADAP PERUBAHAN TEKANAN DARAH DAN TEKANAN NADI PADA LANSIA

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: terapi komplementer rendaman air hangat aromaterapi hipnoterapi tekanan darah	Hipertensi merupakan masalah kesehatan utama pada lansia yang meningkatkan risiko penyakit kardiovaskular. Pendekatan nonfarmakologis melalui terapi komplementer multimodal berpotensi membantu mengendalikan tekanan darah dengan meningkatkan relaksasi dan menurunkan aktivitas saraf simpatis. Penelitian ini bertujuan menganalisis efektivitas kombinasi rendaman air hangat, aromaterapi, dan hipnoterapi terhadap perubahan tekanan darah dan tekanan nadi pada lansia. Penelitian ini menggunakan desain quasi-experimental pretest–posttest with control group. Sebanyak 42 lansia di Dusun Tonggalan, Wedomartani, Ngemplak, Sleman, Yogyakarta dibagi menjadi kelompok intervensi (n=21) dan kelompok kontrol (n=21) menggunakan purposive sampling. Kelompok intervensi memperoleh rendaman kaki air hangat (38–40°C) selama 15 menit, inhalasi aromaterapi lavender, dan hipnoterapi relaksasi selama 20 menit, tiga kali per minggu selama dua minggu. Kelompok kontrol menerima pelayanan kesehatan rutin tanpa terapi komplementer. Tekanan darah sistolik, diastolik, dan tekanan nadi diukur sebelum dan sesudah intervensi menggunakan tensimeter digital terkalibrasi. Analisis dilakukan dengan paired t-test dan independent t-test pada tingkat signifikansi 95%. Kelompok intervensi mengalami penurunan bermakna pada tekanan darah sistolik, diastolik, dan tekanan nadi setelah empat minggu dibandingkan sebelum intervensi (p: 0,001). Besaran penurunan ketiga parameter hemodinamik tersebut juga lebih besar dibandingkan kelompok kontrol (p: 0,05), menunjukkan efektivitas terapi komplementer multimodal dalam meningkatkan regulasi kardiovaskular pada lansia. Kombinasi rendaman air hangat, aromaterapi, dan hipnoterapi efektif menurunkan tekanan darah dan tekanan nadi pada lansia. Intervensi ini dapat dipertimbangkan sebagai terapi pendamping nonfarmakologis yang aman, mudah diterapkan, dan berpotensi diintegrasikan dalam program pelayanan kesehatan lansia di komunitas. ABSTRACT Hypertension is a major health problem among older adults and increases the risk of cardiovascular disease. Non-pharmacological approaches using multimodal complementary therapies have the potential to help control blood pressure by promoting relaxation and reducing sympathetic nervous system activity. This study aimed to analyze the effectiveness of a combination of warm water foot immersion, aromatherapy, and hypnotherapy on changes in blood pressure and pulse pressure among older adults. This study employed a quasi-experimental pretest–posttest with control group design. A total of 42 older

adults at Tonggolan, Wedomartani, Ngemplak, Sleman, Yogyakarta were divided into an intervention group (n=21) and a control group (n=21) using purposive sampling. The intervention group received warm water foot immersion at 38–40°C for 15 minutes, lavender aromatherapy inhalation, and 20 minutes of relaxation hypnotherapy, three times per week for two weeks. The control group received routine healthcare services without complementary therapy. Systolic blood pressure, diastolic blood pressure, and pulse pressure were measured before and after the intervention using a calibrated digital sphygmomanometer. Data were analyzed using paired t-tests and independent t-tests at a 95% confidence level. The intervention group experienced significant reductions in systolic blood pressure, diastolic blood pressure, and pulse pressure after the intervention compared with baseline measurements ($p=0.001$). The reductions in all three hemodynamic parameters were greater in the intervention group than in the control group ($p=0.05$), indicating the effectiveness of multimodal complementary therapy in improving cardiovascular regulation among older adults. The combination of warm water foot immersion, aromatherapy, and hypnotherapy was effective in reducing blood pressure and pulse pressure among older adults. This intervention may be considered a safe, practical, and feasible complementary non-pharmacological therapy and has the potential to be integrated into community-based healthcare programs for older adults.

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