

# LAMPIRAN

## Lampiran 1 SK Pembimbing



# UNIVERSITAS GALUH FAKULTAS ILMU KESEHATAN

TERAKREDITASI "B" OLEH : LAM-PTKes  
Jl. R.E. Martadinata No. 150 Tlp. (0285) 774435 Ciamis 46274  
Website : fikes.unigal.ac.id, email : fikesunigalciamis@gmail.com

**SURAT KEPUTUSAN**  
**DEKAN FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH**  
**NOMOR : 006/401/SK/AK/D/I/2024**  
**Tentang**  
**PENGANGKATAN PEMBIMBING KARYA ILMIAH AKHIR NERS (KIAN)**  
**PROGRAM PENDIDIKAN PROFESI NERS TAHUN AKADEMIK 2023-2024**  
**DEKAN FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH CIAMIS**

- MENIMBANG** : 1. Bahwa untuk kelancaran dan kesesuaian penulisan Karya Ilmiah Akhir Ners (KIAN) perlu diangkat Dosen Pembimbing;  
2. Bahwa untuk legalitas pembimbing dalam melakukan kegiatan bimbingan penulisan Karya Ilmiah Akhir Ners (KIAN) perlu di terbitkan Surat Keputusan Dekan.
- MENGINGAT** : 1. Undang-undang Nomor 12 Tahun 2012 tentang Sistem Pendidikan Nasional;  
1. Peraturan Pemerintah Nomor 4 Tahun 2014 tentang Penyelenggaraan Pendidikan Tinggi dan Pengelolaan Pendidikan Tinggi;  
2. Keputusan Menteri Pendidikan Nasional Nomor 184/U/2001 tentang Pedoman Pengawasan, Pengendalian dan Pembinaan Program Diploma, Sarjana dan Pascasarjana di Perguruan Tinggi;  
3. Surat Keputusan Yayasan Pendidikan Galuh Ciamis Nomor 1 Tahun 2017 tanggal 18 Juli 2017 tentang Statuta Universitas Galuh;  
4. Keputusan Rektor Universitas Galuh Nomor 037A/4123/SK/AK/R/II/2017 tentang Pemberlakuan Pedoman Akademik Universitas Galuh;  
5. Surat Keputusan Rektor Universitas Galuh Nomor : 262/4123/SK/G/VIII/2023 Tanggal 26 Agustus 2023 tentang Pemberhentian dan Pengangkatan Dekan Fakultas Ilmu Kesehatan Universitas Galuh Masa Jabatan 2023-2027;
- MEMPERHATIKAN** : Surat Ajuan dari Ketua Pendidikan Profesi Ners Fakultas Ilmu Kesehatan Universitas Galuh Nomor 005/401/SM/AK/Ka\_Kep/I/2024 perihal Permohonan SK Pembimbing KIAN Program Profesi Ners T.A. 2023/2024
- MEMUTUSKAN**
- MENETAPKAN PERTAMA** :  
: Nama : **Ervina Dwi Agustin**  
: Nomor Pokok : **1490123074**  
: Program Studi : Pendidikan Profesi Ners
- KEDUA** : Mengangkat Pembimbing Karya Ilmiah Akhir Ners mahasiswa seperti yang tertulis pada diktum pertama sebagai berikut:  
Pembimbing I : **Dini Nurbaeti Zen, S.Kep.,Ners., M.Kep**  
Pembimbing II : **Enik Suhariyanti, S.Kep.,Ners., M.Kep**
- KETIGA** : Pembimbing Karya Ilmiah Akhir Ners mempunyai tugas membimbing dan membantu mahasiswa dalam menyelesaikan penyusunan Karya Ilmiah Akhir Ners.
- KEEMPAT** : Surat Keputusan ini berlaku sejak tanggal ditetapkan, dan apabila di kemudian hari ternyata terdapat kekeliruan dalam Surat Keputusan ini, akan dilakukan perbaikan sebagaimana mestinya.  
Surat Keputusan ini disampaikan kepada yang bersangkutan untuk diketahui dan dipergunakan sebagaimana mestinya

Ditetapkan di Ciamis  
Pada Tanggal : 16 Januari 2024

  
Dekan  
**Titik Rofika, S.Kep., Ners., MM., M.Kep**  
NIK. 11.3112770275

## Lampiran 2 Lembar Konsultasi Pembimbing I



### UNIVERSITAS GALUH FAKULTAS ILMU KESEHATAN PROGRAM STUDI KEPERAWATAN

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[fikesunigalciamis@gmail.com](mailto:fikesunigalciamis@gmail.com)

#### LEMBAR KONSULTASI

Nama Mahasiswa : Ervina Dwi Agustin, S.Kep  
Pembimbing I : Dini Nurbaeti Zen, S.Kep., Ners., M.Kep  
Judul : *Literature Review: Pengaruh Foot Reflection Massage Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi*

No	Hari/Tanggal	Saran	Paraf
1	Jumat, 16/02/2024	<ul style="list-style-type: none"><li>- Tentukan jenis KIAN yang akan diambil (studi kasus/litrev/penelitian murni)</li><li>- Buat/susun BAB 3 terlebih dahulu untuk litrev agar lebih mudah</li></ul>	
2	Senin, 29/04/2024	<ul style="list-style-type: none"><li>- Masukkan berapa jumlah <i>database</i> yang digunakan</li><li>- Perbaiki tabel kata kunci studi literatur</li><li>- Isi pada tabel DSVIA susunkan berdasar tahun atau alfabet</li><li>- Pada BAB IV hasil: bahas terlebih dahulu mengenai point-point apa yang ingin dikemukakan dari hasil penerapan intervensi. Contoh; Teknik <i>foot reflection massage</i>, kisaran <i>range</i> MAP yang didapat, dll.</li><li>- BAB I : metode MSKS<ul style="list-style-type: none"><li>➢ M : berisikan fakta yang tidak sesuai dengan harapan. Contoh; masih tingginya angka hipertensi, ada gap antara standar PTM hipertensi WHO dengan di Indonesia, dll</li><li>➢ S : contoh; hipertensi tidak hanya terjadi pada lansia, tetapi remaja dan dewasa juga dapat mengalami (menyerang seluruh kelompok usia). Prevalensi hipertensi menurut WHO berapa % dan bagaimana kenyataannya di Indonesia</li><li>➢ K : dampak apabila hipertensi tidak ditangani. Bagaimana cara penanggulangannya, karena obat-obatan bukan merupakan intervensi mandiri perawat maka ditemukan salah satu intervensi</li></ul></li></ul>	



**UNIVERSITAS GALUH**  
**FAKULTAS ILMU KESEHATAN**  
**PROGRAM STUDI KEPERAWATAN**

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		<p>mandiri perawat yg mungkin dapat dilakukan yaitu terapi komplementer</p> <p>➤ S : berisikan solusi dari permasalahan y gada. Contoh; bahas terkait terapi komplementer salah satunya yaitu terapi <i>foot reflection massage</i></p> <ul style="list-style-type: none"><li>- Tambahkan pathway factor resiko hipertensi dapat meningkatkan tekanan darah</li><li>- Tambahkan pathway dampak <i>foot reflection massage</i> terhadap tekanan darah</li><li>- Pada BAB II teori <i>foot reflection massage</i>, perbaiki isi dari point SOP (harus ada persiapan alat, pelaksanaan s/d evaluasi)</li><li>- Masukkan tabel PRISMA</li><li>- Perbaiki penulisan point-point/tajuk pada sub bab</li></ul>	
3	Sabtu, 04/05/2024	<ul style="list-style-type: none"><li>- BAB 3 : Perbaiki diagram flow</li><li>- BAB 4 : Perbaiki pembahasan</li><li>- BAB 1 &amp; 2 : Konsultasikan minggu depan</li></ul>	
4	Selasa, 07/05/2024	<ul style="list-style-type: none"><li>- Untuk studi desain PICOST RCT tidak perlu dibuang</li><li>- Di pembahasan tambahkan terkait hasil dari jurnal RCT (kelebihan pemilihan sampel lebih terencana sehingga bisa mengurangi bias penelitian)</li></ul>	
5	Sabtu, 11/05/2024	ACC sidang KIAN	

## Lampiran 3 Lembar Konsultasi Pembimbing II



### UNIVERSITAS GALUH FAKULTAS ILMU KESEHATAN PROGRAM STUDI KEPERAWATAN

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[fikesunigalciamis@gmail.com](mailto:fikesunigalciamis@gmail.com)

#### LEMBAR KONSULTASI

Nama Mahasiswa : Ervina Dwi Agustin, S.Kep  
Pembimbing II : Enik Suhariyanti, S.Kep., Ners., M.Kep  
Judul : *Literature Review: Pengaruh Foot Reflection Massage Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi*

No	Hari/Tanggal	Saran	Paraf
1	Jumat, 16/02/2024	<ul style="list-style-type: none"><li>- Tentukan judul KIAN</li><li>- Boleh buat BAB 3 dulu dengan catatan jangan sampai ada gap dengan BAB 1 (tidak nyambung)</li><li>- Buat/susun analisis PICOS-nya.</li></ul>	
2	Kamis, 22/02/2024	<ul style="list-style-type: none"><li>- Study pada analisis PICOST perlu ditambah/dikembangkan lagi</li><li>- Perbanyak <i>literature</i> (jurnal) internasional</li></ul>	
3	Senin, 06/05/2024	<ul style="list-style-type: none"><li>- Perbaiki susunan MSKS di latar belakang</li><li>- Perbaiki rumusan masalah dengan komponen masalah, dampak dan solusi</li><li>- Tinjau ulang tabel PICOST</li></ul>	
4	Selasa, 07/05/2024	<ul style="list-style-type: none"><li>- BAB 4 pembahasan dibuat menggunakan format FTO (Fakta, Teori dan Opini)</li><li>✓ Dibahas FTO mengapa Tindakan <i>foot reflection massage</i> bisa menurunkan tekanan darah</li><li>✓ Bahwa secara fakta, beberapa faktor yang dapat mempengaruhi adalah durasi,...</li></ul>	
5	Senin, 14/05/2024	ACC sidang KIAN	

## Lampiran 4 Hasil Pencarian Artikel/Journal pada Database

The screenshot shows the PubMed website interface. The search bar contains the query: `((foot reflexology) AND (lowering blood pressure)) AND (Hypertension patier)`. The search results show 3 results, with the first result being a systematic review titled "Foot reflexology for reduction of blood pressure in hypertensive individual: A systematic review." by Venugopal V, Yogapriya C, Deenadayalan B, Akila A, Poonguzhali S, Poomima R, Maheshkumar K. The article was published in *Foot* (Edinb) in 2023, with a DOI of 10.1016/j.foot.2023.101974 and an Epub date of 2023 Feb 7.

MY NCBI FILTERS

RESULTS BY YEAR

Year	Results
2015	1
2024	2

TEXT AVAILABILITY

The screenshot shows the Semantic Scholar website interface. The search bar contains the query: `foot reflection massage and reducing blood pressure and hypertension patients`. The search results show 3 results for "foot reflection massage and reducing blood pressure and hypertension patients". The first result is "Effect of Foot Reflection Massage on Blood Pressure Reduction in Hypertension Patients" by S. Suryaningsih, Rian Tasalim, S. Rahman, published in *Medicine - Journal of Advances in Medicine and...* on 27 November 2022. The TLDR states: "The results showed that blood pressure decreased after giving foot reflexology, and the effect of Foot Reflexology Massage on Blood Pressure Reduction in Hypertension Patients in Paku Alam Village was found." The second result is "The Effect of Feet Reflection Massage on Blood Pressure in Hypertension Patients at Community Health Centers II Petang" by Yuni Ni Kadek Yuni Lestari, Ni Luh Putu Thrisna Dewi, Ni Made Era Mahayani, published in *Nursing and Health Sciences Journal (NHSJ)* on 2 March 2023.

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scholar.google.com/scholar?hl=id&as\_sdt=0%2C5&q=foot+reflexion+massage+and+reducing+blood+pressure+and+hypertension+patients&btnG=

Google Cendekia

Artikel Sekitar 16.700 hasil (0,15 dtk) Profil saya Koleksiku

**Kapan saja**

Sejak 2024

Sejak 2023

Sejak 2020

Rentang khusus...

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**Urutkan menurut relevansi**

Urutkan menurut tanggal

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**Semua jenis**

Artikel kajian

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sertakan paten

mencakup kutipan

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Buat notifikasi

**Effect of Foot Reflexion Massage on Blood Pressure Reduction in Hypertension Patients** [PDF] lamintang.org

S Suryaningsih, R Tasalim, S Rahman - Journal of Advances in ..., 2022 - lamintang.org  
 ... which has a relaxing effect to improve **blood** circulation. Objective: To analyze the effect of **foot reflexology** on **reducing blood pressure** in **hypertensive patients**. Methods: ...  
 ☆ Simpan 🔗 Kutip 🔗 Dirujuk 5 kali 🔗 Artikel terkait 🔗

---

**The Effect of Feet Reflexion Massage on Blood Pressure in Hypertension Patients at Community Health Centers II Petang** [PDF] nhs-journal.com

YNKY Lestari, NLPT Dewi, NME Mahayani - 2023 - nhs-journal.com  
 ... This study aims to determine the effect of **foot reflexology** on **blood pressure** in **patients** with **hypertension**. ... One way to **lower blood pressure** is with **foot reflexology** therapy because if ...  
 ☆ Simpan 🔗 Kutip 🔗 Dirujuk 2 kali 🔗 Artikel terkait 🔗 2 versi 🔗

---

**The Effect of Foot Reflexion Massage on Hypertension in Elderly Batam City** [PDF] globalhealthsciencegroup...

R Erda, F Tamara, T Yona... - Indonesian ..., 2020 - jurnal.globalhealthsciencegroup ...  
 ... evident that the effect of **foot reflexology** on the **reduction** of **blood pressure** is significant, there ... after the intervention on **foot reflexology** with the difference in the mean pre **Blood** pressure ...  
 ☆ Simpan 🔗 Kutip 🔗 Dirujuk 9 kali 🔗 Artikel terkait 🔗 6 versi 🔗

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**The Influence of Foot Massage on Blood Pressure and Anxiety in Hypertensive Patients** [PDF] knepublishing.com

Type here to search 74% 10:39 01/05/2024

## Lampiran 5 Pengecekan Reputasi Jurnal

This screenshot shows the SINTA search results for the journal 'Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)'. The journal is listed with a checkmark indicating it is indexed. Key statistics shown include 120 Impact, 12 H-index, 750 Citations by, and 812 Citations. The journal is published by STIKES PONDOK PONDOK and is categorized under Health Sciences.

This screenshot shows the SINTA search results for the journal 'Jurnal Ilmiah Pamerang (JIP)'. The journal is listed with a checkmark. Key statistics include 313 Impact, 6 H-index, 180 Citations by, and 182 Citations. The journal is published by STIKES TERANG TERANG and is categorized under Health Sciences.

This screenshot shows the SINTA search results for the journal 'Jurnal Keperawatan (Journal of Nursing)'. The journal is listed with a checkmark. Key statistics include 070 Impact, 1 H-index, 7 Citations by, and 7 Citations. The journal is published by STIKES PONDOK PONDOK and is categorized under Health Sciences.

This screenshot shows the Scopus search results for the author 'Suryaningih, S'. The search returned 3 author results. The top result shows 22 documents published in 2015, affiliated with Universitas Pajadaran in Bandung, Indonesia. The journal title is 'Jurnal Keperawatan (Journal of Nursing)'.

Author	Documents	h-index	Affiliation	City	Country/Territory
Suryaningih, S	22	5	Universitas Pajadaran	Bandung	Indonesia



Scopus Preview Author Search Sources Create account Sign in

## 16 author results

About Scopus Author Identifier >

Author last name "Dubey", Author first name "Neha"

Edit

Refine results Limit to Exclude

Sort on: [v]

All Request to merge authors

Author	Documents	h-index	Affiliation	City	Country/Territory
1 Dubey, Neha V.	34	7	Narsee Manges Institute of Management Studies, Mumbai	Mumbai	India

View last title v

Scopus Preview Author Search Sources Create account Sign in

## 56 author results

About Scopus Author Identifier >

Author last name "Nithya", Author first name "M"

Edit

Refine results Limit to Exclude

Sort on: [v]

All Request to merge authors

Author	Documents	h-index	Affiliation	City	Country/Territory
1 Nithya, M.	37	6	Sri Sairam Engineering College, Chennai	Chennai	India

View last title v

Scopus Preview Author Search Sources Create account Sign in

## 1 author results

About Scopus Author Identifier >

Author last name "Retnaningsih", Author first name "Dwi"

Edit

Refine results Limit to Exclude

Sort on: [v]

All Request to merge authors

Author	Documents	h-index	Affiliation	City	Country/Territory
1 Retnaningsih, Dwi	1	0	Widya I Lassaia University	Semarang	Indonesia

View last title v

Scopus Preview Author Search Sources Create account Sign in

## 1 author results

About Scopus Author Identifier >

Author last name "Usman", Author first name "Lidiyanti"

Edit

Refine results Limit to Exclude

Sort on: [v]

All Request to merge authors

Author	Documents	h-index	Affiliation	City	Country/Territory
1 Usman, Lidiyanti	1	0	Poltekkes Kemenkes Gorontalo	Gorontalo	Indonesia

View last title v

Scopus Preview

Author Search Sources Create account Sign in

## 1 author results

About Scopus Author Identifier >

Author last name "Widigdo", Author first name "Dwi Ari Murti"

Edit

Refine results

Limit to Exclude

Sort on:

Request to merge authors

Source title	Author	Documents	h-index	Affiliation	City	Country/Territory
	1 Widigdo, Dwi Ari Murti	3	1	Poltekkes Kemenkes Semarang	Semarang	Indonesia

View last title

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JURNAL PENELITIAN PERAWAT PROFESIONAL

Google Scholar Website Editor URL

Global Health Science Group

ISSN: 27948972 E-ISSN: 27958885

55 Accredited Garuda Indexed

1,79 Impact 19 h-index 1,702 Citations 5y 1,705 Citations

JURNAL PENELITIAN PERAWAT PROFESIONAL

Google Scholar Website Editor URL

Global Health Science Group

ISSN: 27948972 E-ISSN: 27958885

55 Accredited

Top Journals

Top Journals by Impact

- JURNAL HAKIM (S3) : 177
- JURNAL EKONOMI DAN BIENIS... (S4) : 150,5
- Jurnal Bimih Matematika... (S3) : 149,765
- Indonesian Journal of Soc... (S1) : 107
- Jurnal Teknik dan Sistem... (S1) : 105,765
- Jurnal Komunitas Yustisia (S3) : 97
- MATHEMA: JURNAL FENOM... (S3) : 106,008
- Jurnal Online Program S... (S3) : 106
- HE in Focus (S3) : 64
- Jurnal Of Administrative... (S3) : 61,6020
- Metodok Diskalk: Jurnal... (S3) : 106,008

Scopus Preview

Author Search Sources Create account Sign in

## 1 author results

About Scopus Author Identifier >

Author last name "Kotruchin", Author first name "Praew", Affiliation "University khon kaen"

Edit

Refine results

Limit to Exclude

Sort on:

Request to merge authors

Source title	Author	Documents	h-index	Affiliation	City	Country/Territory
	1 Kotruchin, Praew	46	8	Khon Kaen University	Khon Kaen	Thailand

View last title

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ORIGINAL ARTICLE

### Effectiveness of Foot Reflexology on Blood Pressure among Patients with Hypertension in a Selected Hospital, Mangaluru

Ann, Joseph<sup>1</sup>; Victoria, D'Almeida<sup>2</sup>; Shwetha, Rashmi<sup>3</sup>; Preethi, Fernandes<sup>3</sup>

Author Information @

Download Indian Journal of Continuing Nursing Education 23(2):p 190-195, Jul-Dec 2022. | DOI: https://journals.lww.com/ijcn/papers/default.aspx | 1 22

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## Lampiran 6 Jurnal yang di Review

The screenshot shows the cover page of a journal article. The journal title is "Jurnal Ilmiah Keperawatan" (Scientific Journal of Nursing). The article title is "PENGARUH TERAPI PIJAT KAKI TERHADAP PENURUNAN TEKANAN DARAH PADA PENYAKIT HIPERTENSI PRIMER DI WILAYAH KERJA PUSKESMAS CIGEMBLONG" (The Effect of Foot Massage Therapy on Lowering Blood Pressure in Primary Hypertension Patients in The Working Area of Cigembong Health Center). The authors are Beni Zaenal Hakiki and Arifah Rakhmawati, from Sekolah Tinggi Ilmu Kesehatan Abdi Nusantara. The article was published on June 4, 2023. The abstract discusses the prevalence of hypertension and the effectiveness of foot massage therapy in lowering blood pressure.

**Jurnal Ilmiah Keperawatan**  
Scientific Journal of Nursing

**PENGARUH TERAPI PIJAT KAKI TERHADAP PENURUNAN TEKANAN DARAH PADA PENYAKIT HIPERTENSI PRIMER DI WILAYAH KERJA PUSKESMAS CIGEMBLONG**

*The Effect of Foot Massage Therapy on Lowering Blood Pressure in Primary Hypertension Patients in The Working Area of Cigembong Health Center*

**Beni Zaenal Hakiki, Arifah Rakhmawati**  
Sekolah Tinggi Ilmu Kesehatan Abdi Nusantara

**Abstrak**  
**Pendahuluan :** Hipertensi merupakan penyakit tidak menular yang akhir-akhir ini menjadi masalah kesehatan yang meluas. Satu miliar orang di dunia menderita hipertensi dan 90-95% kasusnya tidak terdiagnosis dan diperkirakan akan meningkat menjadi 1,15 miliar kasus pada tahun 2025. Salah satu upaya untuk menurunkan tekanan darah adalah terapi pijat kaki, yaitu teknik relaksasi yang memungkinkan darah mengalir ke seluruh tubuh, berkat pelepasan pembuluh darah. **Tujuan:** Untuk mengetahui pengaruh terapi pijat kaki terhadap tekanan darah pada penderita hipertensi primer di wilayah kerja Puskesmas Cigembong tahun 2022. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan menggunakan jenis penelitian *pre-experimental*, dengan *One Group Pretest-Posttest Design*. **Hasil:** Rata-rata tekanan darah sistolik dan diastolik responden sebelum diberikan terapi pijat kaki sebesar 158,80/98,30 mmHg dan setelah diberikan terapi pijat kaki sebesar 144,63/89,87 mmHg, hasil uji statistik t-test berpasangan dan nilai p 0,000 (p-value < 0,05), sehingga dapat disimpulkan bahwa terapi pijat kaki berpengaruh terhadap tekanan darah pada pasien. **Kesimpulan:** Penelitian ini dapat dijadikan sebagai dasar dalam pemberian terapi non farmakologi yakni terapi pijat kaki pada penderita hipertensi primer.

**Background:** Hypertension is a non-communicable disease which has recently become a widespread health problem. One billion people in the world suffer from hypertension and 90-95% of cases are undiagnosed and are expected to increase to 1.15 billion cases by 2025. One of the ways to reduce blood pressure is foot massage therapy, which is a relaxation technique that allows blood to flow throughout the body, thanks to the release of blood vessels.

**Keywords:** hipertensi, terapi pijat kaki

The screenshot shows the abstract and introduction of a journal article. The title is "Effectiveness of Foot Reflexology on Blood Pressure among Patients with Hypertension in a Selected Hospital, Mangaluru". The authors are Joseph Ann, D'Aimada Victoria, Rashmi Shaethal, and Fernandes Preethi, from Father Muller College of Nursing, Mangaluru, Karnataka, India. The abstract describes a study on the effectiveness of foot reflexology in lowering blood pressure among hypertensive patients. The introduction discusses the global burden of hypertension and the potential of reflexology as a complementary therapy.

**Original Article**

**Effectiveness of Foot Reflexology on Blood Pressure among Patients with Hypertension in a Selected Hospital, Mangaluru**

Joseph Ann, D'Aimada Victoria, Rashmi Shaethal, Fernandes Preethi  
M.Sc. Nursing Student, Professor & HOD, Assistant Professor, Department of Medical Surgical Nursing, Father Muller College of Nursing, Mangaluru, Karnataka, India

**Abstract**

Hypertension has emerged as a major health problem in developing countries. Reflexology can lower a high blood pressure through effects on relaxation, through blood vessel dilation and through a diuretic effect. The aim of the study was to find the effectiveness of foot reflexology on blood pressure among patients with hypertension. An experimental study design was adopted. Thirty-six in-patients with hypertension were selected from a selected hospital at Mangaluru by purposive sampling technique and were assigned to the intervention and control group by random allocation using closed envelope method (n = 18 + 18). Foot reflexology was administered to the subjects in the intervention group, whereas the control group received the routine care. The blood pressure was checked before and after the intervention or standard care using a digital sphygmomanometer in both the groups. Data collection was continued for three consecutive days. The one-way repeated measures analysis of variance showed that there was a significant difference between mean pre-test and the mean post-test level of systolic ( $F_{(3,10)} = 77.36, P = 0.001$ ) and diastolic blood pressure ( $F_{(3,10)} = 40.98, P = 0.001$ ) of the intervention group at various time intervals. The unpaired t-test showed that there was a significant difference in the mean post-test level of systolic ( $t_{(36)} = 6.55, P = 0.001$ ) and diastolic ( $t_{(36)} = 8.46, P = 0.001$ ) blood pressure between the intervention and control groups. Foot reflexology as a complementary therapy is effective in reducing hypertension, which also is cost-effective and safe.

**Keywords:** Blood pressure, effectiveness, foot reflexology, patients with hypertension

**INTRODUCTION**

The present generation has experienced a speedy health revolution caused by quick urbanisation and also the globalisation of unhealthy lifestyles. The most striking shift of these changes that can be seen is the increasing range of non-communicable diseases.<sup>[1]</sup> Hypertension is a worldwide burden.<sup>[2]</sup> Raised blood pressure is attributable to 10.8% of all deaths in India.<sup>[3]</sup> The prevalence of hypertension in Indian urban population has increased on the feet and links with different parts of body specifically. These sensors will be stimulated by applying the reflexology technique to improve the blood and energy circulation that gives a sense of relaxation and maintains homeostasis of functioning in the connected part. A study conducted in Korea, on the effect of self-foot reflexology (SRM) program on level of hypertension, using a non-equivalent control group pre-test-post-test design showed a significant decrease in systolic, diastolic blood pressure (DBP) and difference in pre-test

JURNAL IKKI Vol 2 No. 2 JULI (2022) Hal 66-73, P-ISSN : 2809-7181 E-ISSN : 2809-7173

**Jurnal Ilmu Kedokteran dan Kesehatan Indonesia**

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Page <https://jurnal.amikveteran.ac.id/index.php/ikki>

**EFEKTIFITAS PIJAT REFLEKSI KAKI TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI RSU PKU MUHAMMADIYAH DELANGGU**

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**ABSTRAK**

Background: hypertension is a disease that can be experienced by various groups of people from high to middle to lower social levels, from teenagers to the elderly where the condition has increased blood pressure from normal conditions (130/80 mmHg). The incidence of hypertension in Indonesia is 34.1%, while the number of patients with hypertension at PKU Muhammadiyah Delanggu General Hospital based on medical record data in 2021 is 443 people. Foot massage has a mechanical effect on improving blood circulation so that it can lower blood pressure. Objective : to analyze the effectiveness of foot massage reflexology on reducing blood pressure in hypertensive patients. Research Methods: the study used an experimental design, One Group Pretest-Posttest. The population in this study is hypertensive patients. A sample of 10 people was taken using the Non Probability Sampling technique, namely Purposive Sampling who met the inclusion and exclusion criteria and were given a massage for ±15 minutes. Data analysis using Paired T test. Results: the results showed that the mean or average MAP with a positive value of 8.4 means that there is a tendency to decrease blood pressure after foot reflexology is performed a 15 minutes, as details of the average decrease in MAP on day 1 of 7.6%, day 1 on the 2nd day of 5.5%, and on the 3rd day of 7.3%. The results of the analysis test obtained p value = 0.000 < 0.05. Conclusion: foot massage reflexology has an effect effective on reducing blood pressure in hypertensive patients.

**Keywords:** Effectiveness of Foot Massage, Hypertension, Blood Pressure Reduction.

*Journal of Advances in Medicine and Pharmaceutical Sciences*  
#4006-2966-3055 e-ISSN: 2601-4213

Case Report Paper

**Effect of Foot Reflection Massage on Blood Pressure Reduction in Hypertension Patients**

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**Article History**  
Received: 15.06.2022  
Revised: 01.07.2022  
Accepted: 10.07.2022

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**Abstract:** Hypertension is a chronic condition caused by an increase in blood pressure above normal limits. Many non-pharmacological treatments have been found to lower blood pressure, such as foot reflexology, which has a relaxing effect to improve blood circulation. Objective: To analyze the effect of foot reflexology on reducing blood pressure in hypertensive patients. Methods: foot reflexology is given which has 3 stages of administration where each treatment is given for 15-20 minutes. This research is a pre-experimental research with an approach using the One Group Pretest Posttest Design. The population in this study were hypertension sufferers in the village of Paku Alam RT 02. In taking the sample the researchers used the purposive sampling technique with a total of 15 respondents and performed foot reflexology massage. The analysis used Paired t-test. Results: the results showed that blood pressure decreased after giving foot reflexology. After processing, based on the paired t-test, p value <0.05 (0.00<0.05) was obtained, so H0 was rejected and Ha was accepted. Conclusion: The Effect of Foot Reflexology Massage on Blood Pressure Reduction in Hypertension Patients in Paku Alam Village.

**Keywords:** Blood Pressure, Foot Reflexology, Hypertension.

Vol.2 No. 2 Bulan April Tahun 2021

**PANDU HUSADA**  
e-ISSN 2716-0254

**Artikel Penelitian**

**Pengaruh Pijat Refleksi Kaki Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi Di Kecamatan Medan Tuntungan Tahun 2020**

**Elpriska Sihotang**  
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**Abstrak**  
Terapi pijat refleksi kaki merupakan salah satu terapi non farmakologis yang ditawarkan untuk menurunkan tekanan darah dengan teknik pemijatan pada titik tertentu dapat menghilangkan sumbatan dalam darah sehingga aliran darah dan energi di dalam tubuh kembali lancar. Penelitian ini bertujuan untuk mengetahui pengaruh pijat refleksi kaki terhadap penurunan tekanan darah pada penderita hipertensi di Kecamatan Medan Tuntungan. Jenis penelitian yang digunakan dalam penelitian ini adalah eksperimental. Pijat refleksi kaki dalam penelitian ini dilakukan secara teratur 15 menit sebanyak empat kali dalam seminggu pada bulan Agustus 2020. Berdasarkan teknik purposive sampling diperoleh sample sebanyak 10 orang, sampel ini terbagi dalam satu kelompok yaitu kelompok intervensi. Pada kelompok intervensi dilakukan pengukuran tekanan darah pre dan post intervensi. Data dicatat dalam lembar observasi tekanan darah. Kemudian data penelitian ini di analisa dengan uji statistik uji *paired sample T-test*. Penemuan menunjukkan bahwa terdapat penurunan tekanan darah yang signifikan setelah pijat refleksi kaki. Kesimpulan dari penemuan penelitian menunjukkan bahwa pijat refleksi kaki berpengaruh terhadap penurunan tekanan darah pada penderita hipertensi. Diharapkan bagi penderita hipertensi dapat melakukan pijat refleksi kaki ini sendiri, bagi petugas kesehatan Puskesmas untuk memberikan penyuluhan berupa pendidikan kesehatan kepada masyarakat khususnya bagi masyarakat yang menderita hipertensi tentang manfaat pijat refleksi kaki terhadap penurunan tekanan darah.

**Kata Kunci:** Pijat Refleksi Kaki, Tekanan Darah, Hipertensi

**Indian Journal of Holistic Nursing**  
Volume 12, Issue 1 - 2021, Pg. No. 17-22  
Peer Reviewed & Open Access Journal

**Research Article**

**Effect of Foot Massage in reducing Blood Pressure among Hypertensive Patients in selected Hospitals of Bhopal**

**Neha Dubey**  
Professor & Vice-Principal, Ram Krishna Dharmarth Foundation, College of Nursing, Bhopal, Madhya Pradesh, India.  
DOI: <https://doi.org/10.24321/2348.2133.202107>

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How to cite this article: Dubey N. Effect of Foot Massage in reducing Blood Pressure among Hypertensive Patients in selected Hospitals of Bhopal. *Ind J Holist Nurs.* 2021;12(1):17-22.  
Date of Submission: 2021-02-14  
Date of Acceptance: 2021-03-11

**ABSTRACT**  
**Background:** The present study was conducted to assess the effect of foot massage in reducing blood pressure among hypertensive patients.  
**Methods:** A quasi-experimental, time series research design was chosen. The sample size was 30 hypertensive patients. A self structured questionnaire was used to assess the knowledge of the respondents. The data were analysed with the help of descriptive and inferential statistics.  
**Result:** There was a significant decline in the blood pressure of the participants after foot massage. The difference in their blood pressure before and after foot massage clearly shows that foot massage is helpful in reducing blood pressure among hypertensive patients.  
**Conclusion:** The study has shown that foot massage is very effective for hypertensive patients and they can practice such a massage at home too.  
**Keywords:** Foot Massage, Hypertensive Patients, Blood Pressure

**Introduction**  
Touch treatment for human beings may be a brilliant and invigorates the fringe anxious framework from where it continues to the central apprehensive framework and



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Received: 1 September 2020 | Revised: 22 October 2020 | Accepted: 25 October 2020  
DOI: 10.1111/jch.14103

ORIGINAL PAPER WILEY

## The effects of foot reflexology on blood pressure and heart rate: A randomized clinical trial in stage-2 hypertensive patients

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**Abstract**  
Hypertension (HT) is a prominent cardiovascular risk factor. Although there are various pharmacological treatment choices for this condition, many patients fail to adhere to them, making non-pharmacological options attractive alternatives. Foot reflexology has been proven to decrease blood pressure (BP), but data are limited in patients with stage-2 HT. We conducted a randomized clinical trial to examine the effectiveness of foot reflexology in reducing BP and heart rate (HR). Stage-2 HT patients were enrolled and randomized into the intervention and the control groups (n = 47, each), the former of which underwent foot reflexology during a follow-up visit. Office BP and HR were measured before and at 15 and 30 min after the procedure in the intervention group and after resting in the control group. In the intervention group, systolic BP (SBP), diastolic BP (DBP), and HR at 15 min were significantly lower than at baseline: -3.29 mm Hg (95%CI: -5.64 to -0.93), -1.71 mm Hg (95%CI: -3.11 to -0.32), and -1.71 beats per min (bpm) (95%CI: -2.88 to -0.54), respectively. Similar trends were also observed at 30 min. However, when compared with the control group, only the reduction in HR was significant (-4.96 bpm; 95%CI: -9.63 to -0.28). We conclude

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International Journal of Advance Research in Medical Surgical Nursing 2020; 2(2): 82-84



**International Journal of Advance Research in Medical Surgical Nursing**

E-ISSN: 2663-2268  
P-ISSN: 2663-225X  
IJARMSN 2020; 2(2): 82-84  
Received: 20-08-2020  
Accepted: 29-09-2020

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### Effectiveness of foot massage on blood pressure among patients with hypertension

Ruban David, Nithya M and Velayutham P

**Abstract**  
The present study aims to determine the effectiveness of foot massage on blood pressure among patient with hypertension at mappala. A quantitative quasi experimental research design was used for the present study. A total of 30 hypertension clients who fall into the inclusion criteria was selected as samples by using purposive sampling technique among which 30 samples in the experimental group. The demographic data variables was collected in the group, followed by that the present was conducted on before monitoring blood pressure, immediately after the foot massage the intensity level of blood pressure the group was assessed by using systolic pressure and diastolic pressure was initiated in the experimental group. The post test was conducted on the day by day after foot massage and the intensity level of blood pressure was assessed by using the sphygmomanometer in experimental group. The results of the study revealed that there is a significant reduction in the intensity level of blood pressure at the level of p<.001 after the intervention among experimental group. Thus, the study proves that foot massage can be used as an effective nursing intervention for reducing the blood pressure among the hypertension clients and it is a easily applicable technique and also considered as cost effective method with no side effects.

**Keywords:** Foot massage, reducing blood pressure, hypertension clients

**Introduction**  
The Hours of India (2013) revealed that, as per WHO wellbeing insights 2012, the prevalence of hypertension in India was 23.1% in men and 22.6% in ladies in equivalent or over 25 years age. The raised pulse was a high danger condition that caused roughly 51% of death from strokes and 45% from coronary vein ailment. It was considered straightforwardly answerable for 7.5 million passings in 2004, about 12.8 percent of the absolute of every single worldwide demise. Dr. Parshottam Lal (Padma Vibhushan), Interventional Cardiologist likewise included that around one billion individuals or 25 percent of the world's grown-up populace was hypertensive. About 7.5 million passings consistently and an untold number of cardiovascular occasions like strokes, coronary episodes, cardiovascular

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Jurnal Ilmiah Paramang - JIP  
E-ISSN : 2715-6036  
P-ISSN : 2716-0483  
DOI : 10.53599

Vol. 2 No. 1, Juni 2020, 17-21

### IMPLEMENTASI PIJAT REFLEKSI KAKI TERHADAP PENURUNAN TEKANAN DARAH PADA KLIEN DENGAN HIPERTENSI TIDAK TERKONTROL

*Implementation of Foot Reflexology Massage to Decrease Blood Pressure in Clients with Uncontrolled Hypertension*

Muhammad Fandzil<sup>1\*</sup>, Vili Astuti<sup>2</sup>, Dhien Novita Sani<sup>3</sup>  
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**Abstrak**  
Klien yang mengalami tekanan darah meningkat lebih dari 140/90 mmHg pada dua hari berturut-turut dalam keadaan istirahat. Angka kejadian hipertensi di dunia sebanyak 1,13 milyar orang, 34,1% di Indonesia, dan 34,95% di DKI Jakarta. Untuk menurunkan angka komplikasi dari hipertensi dapat dilakukan dengan terapi non farmakologis yaitu dengan terapi komplementer pijat refleksi kaki.  
Tujuan penelitian ini untuk menganalisis pengaruh pijat refleksi kaki terhadap penurunan tekanan darah pada klien dengan hipertensi tidak terkontrol di Kelurahan Pondok Ranggon pada tahun 2019. Penelitian ini merupakan penelitian Pre Ekperimen dengan pendekatan asuhan keperawatan. Bentuk desain penelitian yaitu One Group Pretest-Posttest. Sampel dalam penelitian ini sebanyak 6 orang klien dengan menggunakan teknik Non Probability Sampling yaitu purposive sampling. Variabel dependen pada penelitian ini yaitu Tekanan darah yang diukur dengan alat pengukur tensi meter, pengukuran dilakukan sebelum intervensi dan setelah implementasi keperawatan. Variabel independen yaitu implementasi pijat refleksi kaki dengan standar operasional prosedur (SPO) keperawatan selama 10-15 menit. Teknik analisis dengan uji T Paired dengan program komputer. Terdapat perbedaan sebelum dan sesudah dilakukan intervensi pijat refleksi kaki untuk menurunkan tekanan darah pada klien dengan penyakit hipertensi ( $p < 0,006 < 0,05$ ). Mean bernilai positif (8,66667) terjadi kecenderungan penurunan tekanan darah sesudah pijat refleksi kaki dengan rata-rata penurunan 8,7.  
Penurunan tekanan darah dapat terjadi karena pijat refleksi kaki dapat memperlancar aliran darah sehingga ketegangan otot dapat menurun serta kadar norepineprin juga ikut menurun, selain itu hormon Cortisol yang memicu kecemasan dan stress juga dapat turun sehingga tekanan darah juga turun.  
Tekanan darah tinggi pada klien dengan penyakit hipertensi dapat diturunkan dengan intervensi non-farmakologis yaitu dengan pijat refleksi kaki selama 6 hari.

Kata kunci : Hipertensi, Penurunan Tekanan darah, Pijat Refleksi kaki

EAS Journal of Nursing and Midwifery  
Abbreviated Key Title: EAS J Nurs Midwifery  
ISSN: 2663-0968 (Print) & ISSN: 2663-0773 (Online)  
Published By East African Scholars Publisher, Kenya  
Volume-2 | Issue-2 (Mar-April-2020) DOI: 10.36349/easjnm.2020.v02i02.006

### Research Article

## The Effect of Reflexology on the Blood Pressure Reduction

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**Article History**  
Received: 05.04.2020  
Accepted: 20.04.2020  
Published: 20.04.2020

Journal homepage:  
<https://www.easjnm.com/easjnm>

QR Code

**Abstract:** **Background:** The background of this study is the changes in the causes of death from infectious diseases to non-communicable diseases. One of the non-communicable diseases which become the dominant health problem in developed and developing countries is hypertension. Risk factors for increased blood pressure include age, heredity, smoking habits, excessive salt consumption, cholesterol, stress, and overweight or obesity. Reflexology is a practice of massaging specific points on the hands and feet, which gives a sense of comfort and helps relieve stress. Hypertension in the older person occurs due to the thickening of the arterial wall resulting in a buildup of collagen in the muscle layer, so that the blood vessels gradually contract and become stiff. The constriction of the circulatory system results in an increase in blood pressure above normal values. Reflexology is a type of treatment that adopts the strength and endurance of the body by providing a massage. However, there is still insufficient research on reflexology to reduce hypertension in the elderly. **Purpose:** Purpose of this study is to describe and analyze the effect of reflexology before and after provided to hypertensive patients. **Methods:** This study was Quasi-experimental research using One-Group Pretest-Posttest design Without Control Group. The blood pressure was measured twice before and after Reflexology was performed to the patients with hypertension. The reflexology is performed in the feet, every morning after breakfast for around 20 minutes, for 6 days. This study was conducted at the Widya Husada Wening Wandoyo Nursing Home, Ungaran Semarang, Central Java. Inclusion criteria are the hypertensive-elderly without medication. Exclusion criteria are hypertensive elderly with complications. The research instrument was a calibrated mercury sphygmomanometer. The data were analyzed using a Wilcoxon test, because the data are not normally distributed. **Results:** before given the therapy was 145.41 mg/dl, and after treatment was 134.32 mg/dl, and the average of diastolic blood pressure before therapy was 91.22 mg/dl and after was 82.70mg/dl. The data negative rank is 37 with  $p < 0,00 < 0,05$  of the error level. **Conclusion:** it means that there was an effect of the reflexology on the blood pressure reduction. **Keywords:** Reflexology; smoking habits; Blood Pressure; cholesterol; stress.

**BACKGROUND**  
There has been a shift in the cause of death  
2014). Reflexology is a type of treatment that adopts the strength and endurance of the body by giving a massage to the certain points of the body according to the

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Dama Academic Scholarly Journal of Researchers (<https://damaacademia.com/dasir/>)  
Volume 4, Issue 6, pp.16-20, June 2019  
Published by: Dama Academic Scholarly & Scientific Research Society ([www.damaacademia.com](http://www.damaacademia.com))

## The Effect of Foot Reflection Massage to Decrease in Blood Pressure of Hypertensive Client in the Area of Community Health Centre Central City Gorontalo

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**Abstract**  
Foot reflection massage were points in the soles of the feet in relation with all body organs, starting from urinary bag, intestine, stomach, liver, kidney, spleen, pancreas, until heart. The data obtained during initial data collection in the area of Community Health Centre Central City to hypertensive clients was 969 hypertension cases, with 290 men and 679 women. This research aimed to know the effect of foot reflection massage to decrease in blood pressure of hypertensive clients in the working area of Community Health Centre Central City Gorontalo. This research design was quasi-experimental with one group design pre-post-test research type, with 30 respondents as the sampling. This research was held on 20 August - 17 November 2017, and the data collection was done by observation to hypertensive clients. The research result showed that after foot reflection massage in pre-post systolic test, there was a decrease of 12.5 mmHg and a decrease of 5.6 mmHg in pre-post-test diastolic. Based on analysis test by using paired sample T test, there was a significant effect of foot reflection massage to blood pressure decrease in hypertensive clients in the area of Community Health Centre Central City Gorontalo.  
**Keywords:** Reflection massage, Foot, Blood Pressure, Hypertension

**1.0 INTRODUCTION**  
In the scope of cardiovascular disease, hypertension took the first place with most sufferers (Triyanto, 2014). Hypertension was a condition of blood pressure increase which gave symptoms that would continue to a target organ like stroke (for brain), coronary heart disease (for heart blood vessels) and right ventricular hypertrophy / left ventricle hypertrophy (for cardiac muscle). (Bustan, 2007). Hypertension or high blood pressure was very variate according to how someone looked at it. It was generally called silent killer also by suddenly killing someone without recognizing the symptoms first (Susilo and Wulandari, 2011). World Health Organization (WHO) recorded that at least 839 million hypertension cases happened in 2012, estimated to be 1,15 billion in 2025 or about 29% from total world population, which female sufferers were more (30%) than male (29%). About 80% of hypertension cases increase happened especially in developing countries. The prevalence of hypertension Indonesia reached 11.7% from the population of

Dama Academic Scholarly Journal of Researchers (<https://damaacademia.com/dasir/>)  
Volume 4, Issue 6, pp.16-20, June 2019  
Published by: Dama Academic Scholarly & Scientific Research Society ([www.damaacademia.com](http://www.damaacademia.com))

## The Effect of the Foot Reflection Therapy toward Systolic Blood Pressure in Patients with Primary Hypertension

Liota Marsha Renardiyarto, Dwi Ari Murti Widigdo, Tulus Puji Hastuti  
Poltekkes Kemenkes Semarang  
Email: [liorenardiyarto@gmail.com](mailto:liorenardiyarto@gmail.com)

**Abstract**  
Hypertension is a high blood pressure disorder which disrupts blood flow resulting in blocking of oxygen and nutrition carried by the blood to body tissue. Based on Dinas Kesehatan Jawa Tengah's data, hypertension became one of the health issues with a percentage of 37%. One of non-pharmacological therapy is foot-reflexology therapy. This method gives a relaxation effect that could make blood circulating better, decay the blocking in blood vessel, nourish muscles and nerves, and strengthen heart activity. Objective: To determine the effect of foot reflection therapy toward systolic blood pressure in primary hypertension patient at Ngadirojo, Secang, Magelang Method: This study used the pre-experiment method with one group pre-test post-test design without a control group. Simple random sampling technique was used to get 46 subjects. Result: Wilcoxon Test result showed different significant in this study between pre-post test foot reflection therapy by  $p=0.000$  ( $p<0.05$ ). It meant there was an effect of foot-reflection therapy on systolic blood pressure in primary hypertension. The average of blood pressure decrease was 3,7 mmHg. Although, the results of this study showed that there was a significantly different decrease in this decrease was not clinically significant. The recommendation is made to conduct a study in a combination of pharmacology and non-pharmacology intervention to lower blood pressure.  
**Keywords:** Blood pressure, foot reflection, hypertension.



**Lampiran 7 Penilaian *Critical Appraisal* (JBI)**

***JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)***

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : Hakiki & Rakhmawati

**Year** : 2023

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
2	<i>Were the participants included in any comparisons similar?</i>	V			
3	<i>Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?</i>	V			
4	<i>Was there a control group?</i>		V		
5	<i>Were there multiple measurements of the outcome both pre and post the intervention/exposure?</i>	V			
6	<i>Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?</i>	V			
7	<i>Were the outcomes of participants included in any comparisons measured in the same way?</i>	V			
8	<i>Were outcomes measured in a reliable way?</i>	V			
9	<i>Was appropriate statistical analysis used?</i>	V			

***JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)***

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : Ann, Victoria, Shwetha, & Preethi

**Year** : 2022

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
2	<i>Were the participants included in any comparisons similar?</i>	V			
3	<i>Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?</i>	V			
4	<i>Was there a control group?</i>	V			
5	<i>Were there multiple measurements of the outcome both pre and post the intervention/exposure?</i>	V			
6	<i>Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?</i>	V			
7	<i>Were the outcomes of participants included in any comparisons measured in the same way?</i>	V			
8	<i>Were outcomes measured in a reliable way?</i>	V			
9	<i>Was appropriate statistical analysis used?</i>	V			

***JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)***

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : Widyastuti, Purbaningrum & Wijayanti

**Year** : 2022

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
2	<i>Were the participants included in any comparisons similar?</i>	V			
3	<i>Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?</i>	V			
4	<i>Was there a control group?</i>		V		
5	<i>Were there multiple measurements of the outcome both pre and post the intervention/exposure?</i>	V			
6	<i>Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?</i>	V			
7	<i>Were the outcomes of participants included in any comparisons measured in the same way?</i>	V			
8	<i>Were outcomes measured in a reliable way?</i>	V			
9	<i>Was appropriate statistical analysis used?</i>	V			

***JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)***

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : Suryaningsih, Tasalim, & Rahman

**Year** : 2022

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
2	<i>Were the participants included in any comparisons similar?</i>	V			
3	<i>Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?</i>	V			
4	<i>Was there a control group?</i>		V		
5	<i>Were there multiple measurements of the outcome both pre and post the intervention/exposure?</i>	V			
6	<i>Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?</i>	V			
7	<i>Were the outcomes of participants included in any comparisons measured in the same way?</i>	V			
8	<i>Were outcomes measured in a reliable way?</i>	V			
9	<i>Was appropriate statistical analysis used?</i>	V			

**JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)**

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : Sihotang

**Year** : 2021

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
2	<i>Were the participants included in any comparisons similar?</i>	V			
3	<i>Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?</i>	V			
4	<i>Was there a control group?</i>		V		
5	<i>Were there multiple measurements of the outcome both pre and post the intervention/exposure?</i>	V			
6	<i>Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?</i>	V			
7	<i>Were the outcomes of participants included in any comparisons measured in the same way?</i>	V			
8	<i>Were outcomes measured in a reliable way?</i>	V			
9	<i>Was appropriate statistical analysis used?</i>	V			

**JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)**

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : Dubey, Neha

**Year** : 2021

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
2	<i>Were the participants included in any comparisons similar?</i>	V			
3	<i>Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?</i>	V			
4	<i>Was there a control group?</i>		V		
5	<i>Were there multiple measurements of the outcome both pre and post the intervention/exposure?</i>	V			
6	<i>Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?</i>	V			
7	<i>Were the outcomes of participants included in any comparisons measured in the same way?</i>	V			
8	<i>Were outcomes measured in a reliable way?</i>	V			
9	<i>Was appropriate statistical analysis used?</i>	V			

**JBICritical Appraisal Checklist for Randomized Clinical Trial (RCT)**

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : Kotruchin, et al

**Year** : 2020

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Was true randomization used for assignment of participants to treatment groups?</i>	V			
2	<i>Was allocation to treatment groups concealed?</i>	V			
3	<i>Were treatment groups similar at the baseline?</i>	V			
4	<i>Were participants blind to treatment assignment?</i>	V			
5	<i>Were those delivering the treatment blind to treatment assignment?</i>	V			
6	<i>Were treatment groups treated identically other than the intervention of interest?</i>	V			
7	<i>Were outcome assessors blind to treatment assignment?</i>	V			
8	<i>Were outcomes measured in the same way for treatment groups?</i>	V			
9	<i>Were outcomes measured in a reliable way</i>	V			
10	<i>Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analysed?</i>	V			
11	<i>Were participants analysed in the groups to which they were randomized?</i>	V			
12	<i>Was appropriate statistical analysis used?</i>	V			
13	<i>Was the trial design appropriate and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial?</i>	V			

**JBICritical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)**

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : David, Nithya M & Velayutham P

**Year** : 2020

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
2	<i>Were the participants included in any comparisons similar?</i>	V			
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4	<i>Was there a control group?</i>		V		
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7	<i>Were the outcomes of participants included in any comparisons measured in the same way?</i>	V			
8	<i>Were outcomes measured in a reliable way?</i>	V			
9	<i>Was appropriate statistical analysis used?</i>	V			



**JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)**

**Reviewer** : Ervina Dwi Agustin **Date** : 21 April 2024  
**Author** : Fandizal, Astuti & Sani **Year** : 2020

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	<i>V</i>			
2	<i>Were the participants included in any comparisons similar?</i>	<i>V</i>			
3	<i>Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?</i>	<i>V</i>			
4	<i>Was there a control group?</i>		<i>V</i>		
5	<i>Were there multiple measurements of the outcome both pre and post the intervention/exposure?</i>	<i>V</i>			
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7	<i>Were the outcomes of participants included in any comparisons measured in the same way?</i>	<i>V</i>			
8	<i>Were outcomes measured in a reliable way?</i>	<i>V</i>			
9	<i>Was appropriate statistical analysis used?</i>	<i>V</i>			

**JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)**

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : Retnaningsih

**Year** : 2020

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
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**JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)**

**Reviewer** : Ervina Dwi Agustin

**Date** : 21 April 2024

**Author** : Buheli & Usman

**Year** : 2019

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
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**JBI Critical Appraisal Checklist for Quasi Experimental Studies (Non-randomized experimental studies)**

**Reviewer** : Ervina Dwi Agustin **Date** : 21 April 2024  
**Author** : Renardiyanto, Widigdo & Hastuti **Year** : 2018

<b>No</b>	<b>Item Penilaian</b>	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>Not applicable</b>
1	<i>Is it clear in the study what is the 'cause' and what is the 'effect' (i.e there is no confusion about which variable comes first)?</i>	V			
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9	<i>Was appropriate statistical analysis used?</i>	V			

## Lampiran 8 Daftar Riwayat Hidup Penulis

### RIWAYAT HIDUP PENULIS



Nama : Ervina Dwi Agustin, S.Kep  
Tempat, Tanggal Lahir : Ciamis, 03 Agustus 2000  
Jenis Kelamin : Perempuan  
Kewarganegaraan : Indonesia  
Agama : Islam  
Alamat : Dusun Bangunjaya Desa Sukajaya RT/012  
RW/004 Kecamatan Pamarican Kabupaten  
Ciamis  
Nomor Handphone : 085-524-745-696  
E-mail : ervinadwiagustin@gmail.com  
Riwayat Pendidikan : Pendidikan Formal :  
- TK Sejahtera II (2005 - 2007)  
- SDN 1 Sukajaya (2007 - 2013)  
- SMPN 1 Banjar (2013 - 2016)  
- SMAN 3 Banjar (2016 - 2019)  
- Universitas Galuh - S1 Keperawatan (2019-  
2023)

- Universitas Galuh - Pendidikan Profesi Ners (2023-2024)

Pendidikan Non-formal :

- Latihan Kader 1 (*Basic Training*) HMI Komisariat Universitas Galuh Cabang Ciamis Tahun 2021
- Latihan Dasar Kepemimpinan Organisasi Ikatan Seluruh Mahasiswa Kesehatan Jawa Barat Tahun 2022

Nama Orang Tua

- Ayah : Agus Yuliana
- Ibu : Heni Handayani

Pengalaman kuliah

- Praktik Belajar Lapangan I di Puskesmas Cihaurbeuti tahun 2021
- Menjadi panitia (*master of ceremony*) dalam acara webinar nasional *One Village One Nurse* (OVON) bersama civitas akademika FIKes Universitas Galuh tahun 2021
- Mengikuti kegiatan *International Credit Transfer* ke UTHM tahun 2021
- Praktik Belajar Lapangan II di RSUD dr.Soekardjo Tasikmalaya tahun 2021
- Mengikuti kegiatan MBKM (Tim) penelitian terkait deteksi dini *stunting* (Kartu Kembang Anak) bersama Unpad tahun 2022
- Mengikuti pelatihan BTCLS di Fakultas Ilmu Kesehatan Universitas Galuh 2022
- Praktik Belajar Lapangan III di RSUD dr.Soekardjo Tasikmalaya tahun 2023

Pengalaman Organisasi

- Himpunan Mahasiswa Keperawatan Periode 2020-2021 Sebagai Sekretaris Umum 1

- Badan Eksekutif Mahasiswa Fakultas Ilmu Kesehatan Universitas Galuh Periode 2021-2022 Sebagai Sekretaris Umum 1
- Himpunan Mahasiswa Islam Komisariat Lafran Universitas Galuh (Kader Angkatan 2021)
- UKM Buana Protokol (Anggota Angkatan VIII)
- Ikatan Seluruh Mahasiswa Kesehatan Jawa Barat (Kader Angkatan XVIII)
- Dewan Perwakilan Mahasiswa Fakultas Ilmu Kesehatan Universitas Galuh Periode 2022-2023 Sebagai Anggota Komisi III

## PAPER NAME

LITERATURE REVIEW PENGARUH FOOT  
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## AUTHOR

ERVINA DWI AGUSTIN

## WORD COUNT

**13923 Words**

## CHARACTER COUNT

**88255 Characters**

## PAGE COUNT

**109 Pages**

## FILE SIZE

**4.0MB**

## SUBMISSION DATE

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