

ABSTRAK

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Program studi : Profesi Ners
Judul : Asuhan keperawatan lansia pada pasien hipertensi dengan masalah resiko perfusi serebral tidak efektif melalui *Spiritual emotional freedom technique (SEFT)*
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Hipertensi merupakan penyakit tidak menular yang banyak dialami oleh lansia akibat proses penuaan. Lansia dengan hipertensi berisiko mengalami gangguan perfusi serebral yang ditandai dengan sakit kepala, terutama pada bagian tengkuk, pusing, kepala terasa berat, dan penglihatan kabur. Salah satu terapi nonfarmakologis yang dapat diberikan pada pasien hipertensi adalah *Spiritual Emotional Freedom Technique (SEFT)*, yaitu terapi yang menggabungkan pendekatan spiritual melalui doa dan afirmasi dengan teknik ketukan ringan (*tapping*) pada titik-titik meridian tubuh untuk memberikan efek relaksasi. Tujuan penelitian ini adalah menganalisis asuhan keperawatan pada lansia dengan diagnosis keperawatan risiko perfusi serebral tidak efektif melalui penerapan terapi *Spiritual Emotional Freedom Technique (SEFT)* di UPT Pesanggrahan PMKS Majapahit Mojokerto. Metode pengumpulan data pada studi kasus ini dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi asuhan keperawatan. Hasil analisis asuhan keperawatan menunjukkan bahwa penerapan terapi *Spiritual Emotional Freedom Technique (SEFT)* efektif membantu menurunkan tekanan darah, mengurangi keluhan sakit kepala dan pusing, serta meningkatkan kualitas tidur dan menurunkan tingkat kecemasan pada lansia dengan hipertensi. Setelah dilakukan terapi, pasien menunjukkan penurunan tekanan darah dari 180/100 mmHg menjadi 130/80 mmHg dan mampu mengikuti seluruh tahapan terapi SEFT dengan baik. Terapi *Spiritual Emotional Freedom Technique (SEFT)* dapat digunakan sebagai terapi nonfarmakologis pendamping dalam asuhan keperawatan pasien hipertensi untuk meningkatkan relaksasi, mengurangi kecemasan dan keluhan fisik, serta mendukung pengendalian tekanan darah sehingga dapat meningkatkan kenyamanan pasien.

Kata Kunci: Asuhan Keperawatan, Hipertensi, Lansia, Risiko Perfusi Serebral Tidak Efektif, Terapi *Spiritual Emotional Freedom Technique (SEFT)*.

ABSTRACT

Name : Dewi Intan Andini
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Title : Nursing care for an elderly patient with hypertension at risk for ineffective cerebral perfusion using the Spiritual Emotional Freedom Technique (SEFT)
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Hypertension is a non-communicable disease commonly experienced by older adults as a result of the aging process. Older adults with hypertension are at risk of developing ineffective cerebral tissue perfusion, characterized by headaches, particularly in the occipital region, dizziness, a feeling of heaviness in the head, and blurred vision. One of the non-pharmacological therapies that can be provided for patients with hypertension is the Spiritual Emotional Freedom Technique (SEFT), a therapy that combines a spiritual approach through prayer and affirmations with a gentle tapping technique on the body's meridian points to promote relaxation. This study aimed to analyze nursing care for an older adult with the nursing diagnosis of risk for ineffective cerebral tissue perfusion through the application of the Spiritual Emotional Freedom Technique (SEFT) at the UPT Pesangrahan PMKS Majapahit Mojokerto. Data were collected through interviews, observation, physical examination, and nursing care documentation. The results of the nursing care analysis demonstrated that the application of the Spiritual Emotional Freedom Technique (SEFT) was effective in reducing blood pressure, alleviating headache and dizziness, improving sleep quality, and decreasing anxiety levels in an older adult with hypertension. Following the intervention, the patient's blood pressure decreased from 180/100 mmHg to 130/80 mmHg, and the patient was able to perform all stages of the SEFT therapy successfully. The Spiritual Emotional Freedom Technique (SEFT) can be used as a complementary non-pharmacological intervention in nursing care for patients with hypertension to promote relaxation, reduce anxiety and physical symptoms, support blood pressure control, and improve patient comfort.

Keywords: Nursing Care, Hypertension, Older Adults, Risk for Ineffective Cerebral Tissue Perfusion, Spiritual Emotional Freedom Technique (SEFT).