ABSTRAK

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Judul KIAN : Analisis Asuhan Keperawatan Dengan Nyeri Akut Pada Pasien Hipertensi Melalui Penerapan S*low Stroke Back Massage* di Ruang Sunan Gunung Jati 02 RSI Sakinah Kota Mojokerto

Pembimbing : Raras Merbawani., S.Kep.,Ns.,M.HKes.

Hipertensi merupakan salah satu penyakit kronis dengan prevalensi tinggi yang menimbulkan beban morbiditas signifikan serta meningkatkan risiko komplikasi kardiovaskular apabila tidak dikendalikan secara optimal. Ketidakstabilan tekanan darah tidak hanya berdampak pada aspek fisiologis, tetapi juga memunculkan keluhan subjektif seperti nyeri kepala, ketegangan otot, gangguan tidur, dan penurunan kualitas hidup yang berkelanjutan. Intervensi nonfarmakologis menjadi komponen penting yang melengkapi terapi farmakologis, salah satunya melalui penerapan *slow stroke back massa*ge (SSBM) yang berorientasi pada peningkatan relaksasi, modulasi respon nyeri, serta dukungan psikologis pasien. Penulisan ini bertujuan mengevaluasi penerapan asuhan keperawatan pada pasien hipertensi melalui pemberian teknik SSBM dalam menurunkan tekanan darah sekaligus meningkatkan kenyamanan dan kualitas hidup. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi secara sistematis. Subjek penelitian adalah seorang pasien perempuan berusia 47 tahun dengan diagnosis medis hipertensi yang mengalami nyeri akut dengan skala nyeri 6. Intervensi berupa terapi *slow stroke back massa*ge selama ±10 menit per sesi, dilakukan satu kali sehari selama tiga hari berturut-turut, dikombinasikan dengan manajemen nyeri standar. Hasil menunjukkan adanya penurunan tekanan darah secara bertahap setelah intervensi, disertai penurunan intensitas nyeri, berkurangnya ketegangan otot, peningkatan rasa relaksasi, serta perbaikan kualitas tidur pasien. Secara fisiologis, teknik *slow stroke back massa*ge bekerja melalui aktivasi sistem saraf parasimpatis, peningkatan vasodilatasi perifer, dan penurunan respons stres yang berkontribusi terhadap stabilisasi tekanan darah. Temuan ini menegaskan bahwa *slow stroke back massa*ge dapat menjadi intervensi keperawatan sederhana, efektif, aman, aplikatif, relevan, komprehensif, dan berkesinambungan untuk mendukung pengendalian hipertensi serta meningkatkan kesejahteraan pasien secara holistik dan berorientasi jangka panjang

Kata kunci : hipertensi, nyeri akut, *slow stroke back massage*

ABSTRAK

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KIAN Title **:** Analysis of Nursing Care for Acute Pain in Hypertensive Patients Through the Implementation of Slow Stroke Back Massage in the Sunan Gunung Jati 02 Ward, Sakinah Islamic Hospital, Mojokerto City

Advisor : Raras Merbawani., S.Kep.,Ns.,M.HKes.

Hypertension is a chronic condition with a high prevalence that imposes a significant burden of morbidity and increases the risk of cardiovascular complications if not optimally controlled. Unstable blood pressure not only affects physiological aspects but also causes subjective symptoms such as headaches, muscle tension, sleep disturbances, and a sustained decline in quality of life. Nonpharmacological interventions are an important component that complements pharmacological therapy, one of which is the application of slow stroke back massage (SSBM), which is aimed at enhancing relaxation, modulating pain responses, and providing psychological support to patients. This study aims to evaluate the implementation of nursing care for a patient with hypertension through the application of the SSBM technique to lower blood pressure while improving comfort and quality of life. The method used was a case study employing the nursing process approach, which includes systematic assessment, diagnosis, intervention, implementation, and evaluation. The study subject was a 47-year-old female patient with a medical diagnosis of hypertension who was experiencing acute pain with a pain scale score of 6. The intervention consisted of slow stroke back massage therapy for approximately 10 minutes per session, performed once a day for three consecutive days, combined with standard pain management. The results showed a gradual decrease in blood pressure following the intervention, accompanied by reduced pain intensity, decreased muscle tension, increased feelings of relaxation, and improved sleep quality in patients. Physiologically, the slow stroke back massage technique works by activating the parasympathetic nervous system, increasing peripheral vasodilation, and reducing the stress response, all of which contribute to blood pressure stabilization. These findings confirm that the slow stroke back massage technique can serve as a simple, effective, safe, practical, relevant, comprehensive, and sustainable nursing intervention to support hypertension management and enhance patients' well-being in a holistic and long-term manner.

Keywords: hypertension, acute pain, *slow stroke back massage*