

**ABSTRAK**  
**EFEKTIFITAS TERAPI KOMBINASI HIPNOTERAPI DAN**  
**AKUPRESUR TITIK GB 20, LR 3, LI 4, LU 5, SP 10, TERHADAP NYERI**  
**KEPALA PADA PENDERITA HIPERTENSI DI WILAYAH KERJA**  
**PUSKESMAS WARUNGPRING KABUPATEN PEMALANG**

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**Latar Belakang** : Nyeri kepala pada hipertensi merupakan nyeri akibat spasme arteri yaitu penyempitan pembuluh darah di area kepala. Hal tersebut dapat mengakibatkan penglihatan kabur, gangguan aktivitas fisik dan dalam kondisi berat dapat mengakibatkan kondisi tidak sadarkan diri. Penatalaksanaan nyeri kepala dapat diatasi dengan terapi koplementer diantaranya adalah terapi hinopterapi dan akupresur. Penelitian bertujuan untuk mengetahui efektifitas terapi kombinasi hipnoterapi dan akupresur GB 20, LR 3, LI 4, LU 5 dan SP 10.

**Metode** : Metode *quasi experiment with pre test and post test control group design* dengan sampel terdiri dari kelompok intervensi 21 orang dan kelompok kontrol 21 orang, pada kelompok intervensi dilakukan terapi kombinasi hipnoterapi dan akupresur sedangkan pada kelompok kontrol tidak di berikan perlakuan. Instrument untuk mengukur skala nyeri sebelum dan sesudah perlakuan adalah lembar pengamatan *numeric rating scale*. Uji statistik menggunakan *Wilcoxon* dan *mann-whytney*

**Hasil** : Terdapat perbedaan skala nyeri antara sebelum dan sesudah perlakuan kelompok intervensi dengan nilai median 1.00 dan kelompok kontrol dengan nilai median 5.00. Uji statistik *Wilcoxon* dan *mann-whytney* hasil *p-value* 0,001 yang menunjukan terdapat perbedaan yang signifikan anteara kedua kelompok.

**Kesimpulan** :Terapi kombinasi hipnoterapi dan akupresur efektif menurunkan nyeri kepala pada penderita tekanan darah tinggi

**Kata kunci** : akupresur, hipertensi,hipnoterapi, nyeri kepala.

**ABSTRACT**  
**THE EFFECTIVENESS OF THE COMBINATION THERAPY OF  
HYPNOTHERAPY AND GB 20, LR 3, LI 4, LU 5, SP 10 POINTS OF  
ACUPRESSURE FOR HEADACHE TO PEOPLE WITH HYPERTENSION  
IN THE WORK AREA OF PUSKESMAS WARUNGPRING, PEMALANG**

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**Background:** Headache in hypertension is a pain due to arterial spasm, which is the tightening of blood vessels in the head area. Headache can cause a blurred vision, impaired physical activity and in heavy conditions. It causes unconsciousness. The management of headache can be solved with a complementary therapy includes hypnotherapy and acupressure. The purpose of this study was to determine the effectiveness of combination therapy between hypnotherapy and GB 20, LR 3, LI 4, LU 5 and SP 10 acupressure.

**Method:** The research method used was quasi experimental with pre-test and post-test control group design. The number of samples in this study consisted of an intervention group of 21 respondents and a control group of 21 respondents, the intervention group was given a combination of hypnotherapy and acupressure treatment while the control group was not given the treatment. The instrument to measure the pre-test and post-test pain scales was a numeric rating scale observation sheet. Then, the statistical tests used were Wilcoxon and Mann-Whitney.

**Results:** There was a difference in pain scale between a before and after the intervention group with a median of 1.00 and a control group with a median of 5.00. Wilcoxon and Mann-Whitney statistical tests resulted p-value of <0.001 which showed that there were significant differences between those two groups.

**Conclusion:** Hypnotherapy and acupressure combination therapy is effective in reducing headache in people with hypertension.

**Keywords:** Acupressure, Headache, Hypertension, Hypnotherapy.