

ABSTRAK

PENGARUH WARM SOCKS THERAPY (CozyToes) TERHADAP TEKANAN DARAH PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS SOKARAJA II

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Latar Belakang : Prevalensi hipertensi terus meningkat setiap tahunnya, namun penyakit ini belum terkontrol secara memadai di seluruh dunia. Menurut WHO, diperkirakan akan terjadi peningkatan kasus hipertensi sebesar 80% pada tahun 2025. Penanganan kasus hipertensi memerlukan perhatian serius, tidak hanya dengan terapi farmakologis tetapi juga dengan kombinasi terapi non-farmakologis. Pengembangan inovasi teknologi (CozyToes) berbasis terapi non-farmakologis dapat mendukung penatalaksanaan hipertensi yang efektif, efisien, dan portabel.

Tujuan : Mengetahui pengaruh penggunaan *Warm Socks Therapy (CozyToes)* terhadap tekanan darah penderita hipertensi di wilayah kerja Puskesmas Sokaraja II.

Metode : Design penelitian tahap I *Research dan Development (R&D)*, tahap II *quasy experiment*. Besar sampel 72 responden, yang terbagi 36 kelompok intervensi dan 36 kelompok kontrol dengan teknik *simple random sampling*. Kelompok intervensi menggunakan alat *CozyToes*, kelompok kontrol hanya diistirahatkan. Analisis untuk mengetahui perbedaan pre dan post masing-masing kelompok menggunakan uji *Wilcoxon*. Uji pengaruh antar kelompok menggunakan uji *Mann-Whitney*.

Hasil Penelitian : Hasil penelitian menunjukkan adanya penurunan tekanan darah pada kelompok intervensi dengan $p\text{-value} = 0,003 < 0,05$ untuk tekanan darah sistole dan $p\text{-value} = 0,001 < 0,05$ untuk tekanan darah diastole. Pada kelompok kontrol tidak menunjukkan penurunan tekanan darah dengan $p\text{-value} = 0,102 > 0,05$ untuk tekanan darah sistole dan $p\text{-value} = 0,248 > 0,05$ untuk tekanan darah diastole. Ada perbedaan penurunan tekanan darah antara kelompok intervensi dan kelompok kontrol.

Kesimpulan : *CozyToes* berpengaruh terhadap penurunan tekanan darah penderita hipertensi.

Kata Kunci : *CozyToes, Hipertensi, Puskesmas, Tekanan Darah, Teknologi*

ABSTRACT

THE EFFECT OF WARM SOCKS THERAPY (*CozyToes*) ON BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE WORKING AREA OF PUSKESMAS SOKARAJA II

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Introduction : Hypertension prevalence continues to rise globally, yet this remains inadequately controlled worldwide. According to the WHO, it is estimated that there will be an 80% increase in hypertension cases by 2025. Effective management of hypertension requires a combination of pharmacological and non-pharmacological therapies. The development of technology-based non-pharmacological therapy innovations can support the effective, efficient, and portable management of hypertension.

Objective : To determine the effect of Warm Socks Therapy (*CozyToes*) on blood pressure in hypertensive patients in the working area of Puskesmas Sokaraja II.

Method : The research was conducted in two stages: Stage I involved Research and Development (R&D), while Stage II was a quasi-experimental study. A total of 72 respondents were selected through simple random sampling, divided equally into an intervention group and a control group. The Wilcoxon test was used to analyze pre- and post-intervention differences within each group, and the Mann-Whitney test was employed to assess differences between groups.

Results : The results show a reduction in blood pressure in the intervention group, with a p-value of $0.003 < 0.05$ for systolic blood pressure and a p-value of $0.001 < 0.05$ for diastolic blood pressure. The control group, there was no reduction in blood pressure, with a p-value of $0.102 > 0.05$ for systolic blood pressure and a p-value of $0.248 > 0.05$ for diastolic blood pressure. There is a significant difference in blood pressure reduction between the intervention and control groups.

Conclusion : The *CozyToes* can reducing blood pressure in hypertensive patients.

Keyword : Blood Pressure, *CozyToes*, Hypertension, Health Center, Technology