

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN KOMUNITAS DENGAN EDUKASI
TERSTRUKTUR DAN TERAPI *ISOMETRIC HANDGRIP
EXERCISE* TERHADAP TEKANAN DARAH PADA
AGREGAT DEWASA HIPERTENSI DI RT 04
RW 02 KELURAHAN KOTO LUA
KOTA PADANG**

Peminatan Keperawatan Komunitas

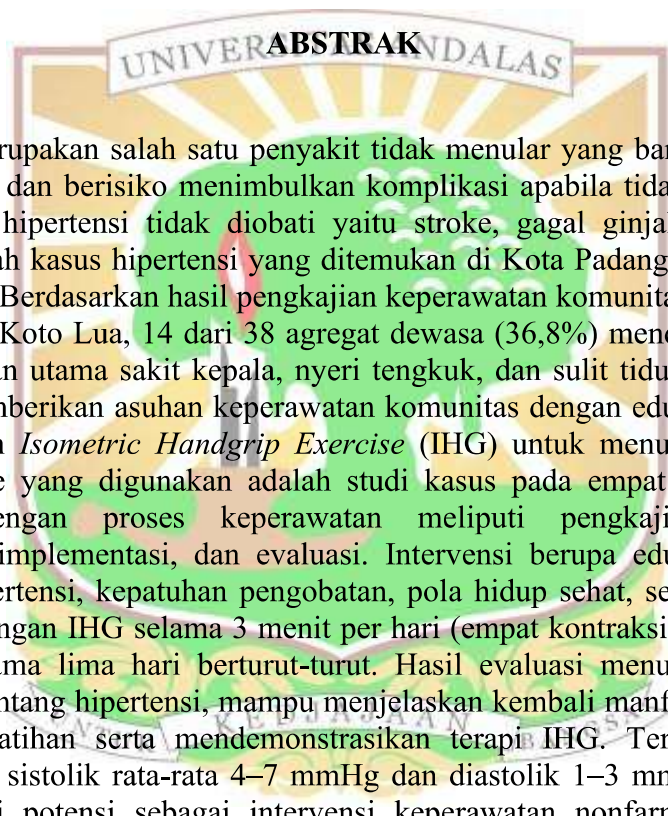


**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2026**

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
KARYA ILMIAH AKHIR
JULI, 2026**

**NAMA : Adinda Fahira, S.Kep
NIM : 2541312035**

**Asuhan Keperawatan Komunitas dengan Edukasi Terstruktur dan Terapi
Isometric Handgrip Exercise terhadap Tekanan Darah pada Agregat Dewasa
Hipertensi di RT 04 RW 02 Kelurahan Koto Lua Kota Padang**



Hipertensi merupakan salah satu penyakit tidak menular yang banyak ditemukan di masyarakat dan berisiko menimbulkan komplikasi apabila tidak dikendalikan. Dampak jika hipertensi tidak diobati yaitu stroke, gagal ginjal, hingga gagal jantung. Jumlah kasus hipertensi yang ditemukan di Kota Padang yaitu sebanyak 81.839 orang. Berdasarkan hasil pengkajian keperawatan komunitas di RT 04 RW 02 Kelurahan Koto Lua, 14 dari 38 agregat dewasa (36,8%) menderita hipertensi dengan keluhan utama sakit kepala, nyeri tengkuk, dan sulit tidur. Penelitian ini bertujuan memberikan asuhan keperawatan komunitas dengan edukasi terstruktur dan penerapan *Isometric Handgrip Exercise* (IHG) untuk menurunkan tekanan darah. Metode yang digunakan adalah studi kasus pada empat pasien dewasa hipertensi dengan proses keperawatan meliputi pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Intervensi berupa edukasi kesehatan mengenai hipertensi, kepatuhan pengobatan, pola hidup sehat, serta demonstrasi dan pendampingan IHG selama 3 menit per hari (empat kontraksi masing-masing 45 detik) selama lima hari berturut-turut. Hasil evaluasi menunjukkan pasien mengetahui tentang hipertensi, mampu menjelaskan kembali manfaat dan langkah pelaksanaan latihan serta mendemonstrasikan terapi IHG. Terjadi penurunan tekanan darah sistolik rata-rata 4–7 mmHg dan diastolik 1–3 mmHg. Penerapan IHG memiliki potensi sebagai intervensi keperawatan nonfarmakologis yang membantu mengendalikan hipertensi di komunitas.

**Kata Kunci : Dewasa, hipertensi, isometric handgrip exercise,
keperawatan komunitas, tekanan darah**
Daftar Pustaka : 44 (2013-2026)

**FACULTY OF NURSING
ANDALAS UNIVERSITY
FINAL SCIENTIFIC REPORTS
JULY, 2026**

**NAME : Adinda Fahira, S.Kep
NIM : 2541312035**

Community Nursing Care Using Structured Health Education and Isometric Handgrip Exercise to Reduce Blood Pressure Among Adults with Hypertension in RT 04 RW 02, Koto Lua Village, Padang City

ABSTRACT

Hypertension is one of the most common non-communicable diseases in the community and poses a significant risk of serious complications if left uncontrolled. Untreated hypertension may lead to stroke, kidney failure, and heart failure. In Padang City, a total of 81,839 cases of hypertension have been reported. Based on the results of a community nursing assessment conducted in RT 04 RW 02, Koto Lua Village, 14 out of 38 adults (36.8%) were identified as having hypertension, with the most common complaints being headache, neck pain, and difficulty sleeping. This study aimed to provide community nursing care through structured health education and the implementation of Isometric Handgrip Exercise (IHE) to reduce blood pressure. A case study design was employed involving four adults with hypertension using the nursing process, which included assessment, nursing diagnosis, planning, implementation, and evaluation. The interventions consisted of health education on hypertension, medication adherence, healthy lifestyle modification, and demonstration and supervision of IHE for 3 minutes per day (four contractions of 45 seconds each) over five consecutive days. The evaluation showed that the participants demonstrated improved knowledge of hypertension, were able to explain the benefits and procedures of IHE, and successfully performed the exercise independently. Furthermore, the intervention resulted in an average reduction of systolic blood pressure by 4–7 mmHg and diastolic blood pressure by 1–3 mmHg. The findings suggest that Isometric Handgrip Exercise has the potential to serve as a simple and effective non-pharmacological nursing intervention for assisting blood pressure control among adults with hypertension in community settings.

Keywords : Adult, hypertension, isometric handgrip exercise, community nursing, blood pressure

Bibliography : 44 (2013-2026)