

PERBANDINGAN PENGUKURAN TEKANAN DARAH PADA LENGAN KIRI DAN LENGAN KANAN PADA PENDERITA HIPERTENSI

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ABSTRAK: Perbedaan tekanan darah pada kedua lengan dapat disebabkan oleh faktor usia, adanya oklusi pembuluh darah, penyakit pembuluh darah perifer, dan adanya gangguan jantung. Tujuan : untuk mengetahui perbandingan pengukuran tekanan darah pada lengan kiri dan lengan kanan penderita hipertensi. Metode penelitian deskriptif analitik. Teknik pengambilan sampel menggunakan *accidental sampling*. Jumlah sampel yang ditemukan 31 responden di Ruang Irina RS PMI. Dengan bantuan program SPSS (*Statistic Program for Science*) menggunakan uji *Wilcoxon*, tingkat kemaknaan 95% ($\alpha = 0,05$), didapatkan hasil nilai $p = 0,034 (<0,05)$. Penelitian dilakukan tiga kali pengukuran, dengan nilai rata-rata pada lengan kiri 2,9032 dan pada lengan kanan 2,7097. Kesimpulan: ada perbedaan hasil pengukuran tekanan darah lengan kiri dan lengan kanan penderita hipertensi.

Kata Kunci : *Tekanan Darah, Lengan Kiri, Lengan Kanan, Hipertensi.*

ABSTRACT: Differences of blood pressure on left or right arm can be caused by several factors, including age factor, vascular occlusion, peripheral vascular disease, and heart problems. The purpose of this study was to determine the ratio of blood pressure measurements on the left arm and right arm in patients with hypertension. The research method used was descriptive analytic. The sampling technique used was accidental sampling, with the number of samples 31 respondents in room PMI Hospital. With SPSS (Statistic Program for Science) used Wilcoxon signed test, at the 95% significance level ($\alpha = 0.05$), showed the value of $p=0.034 (<0.05)$. This research was carried out three times measurements one ach respondent obtain and average value of measurements on the left arm of 2.9032 and 2.7097 on the right arm. The conclusion: There is a difference between the blood pressure measurement results on left arm and right arm in patients with hypertension.

Keywords : Blood Pressure, Left Arm, Right Arm, Hypertension.