

Abstract

Jumriana, 2015. The effect of Bruise therapy toward lowering blood pressure on the hypertension patients in Bruise clinic in Gorontalo Province. Skripsi, Department of Nursing, Faculty of Health and Sports Sciences. Universitas Negeri Gorontalo. It was supervised by **Rini Fahriani Zees, S.Kep, Ns., M.Kes** and **dr. Vivien Noviana A. Kasim, M.kes.**

Hypertension is a syndrome or a collective indications seeing the record of heart and progressive blood vessel (cardiovascular) as a result of other complex and interrelated conditions. Bruise therapy is believed may be able to heal several diseases, including hypertension. The healing mechanism on hypertension applies organ activation theory – this type of therapy activates organs which regulate blood flow in order to keep blood pressure stabilized. This research aimed to analyse bruise therapy effect toward lowering blood pressure of hypertension patients. This research applied pre-experimental through *one group pre post test design*. There were 15 samples were involved in the research and were selected through *accidental sampling*. Observation was taken directly on the patients before and after bruise therapy through *Paired T Test* and $\alpha = 0,05$.

The results showed that bruise therapy affects may lower blood pressure on hypertension patients in bruise clinic, Gorontalo Province, value equaled to $p = 0,000 < \alpha = 0,05$. It is suggested that bruise therapy is taken at least once a month.

Keywords: Bruise Therapy, blood pressure, Hypertension

References : references (2005 – 2014)

