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# Paper 3

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# AFFIRMATION-TAPPING AS A MODEL OF EMOTION MANAGEMENT TO HELP ACHIEVE THE TARGETED-THERAPY BLOOD PRESSURE IN HYPERTENSIVE PATIENTS

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## ABSTRACT

**Introduction:** Prevention of hypertension complications aims to control blood pressure through medication and emotional control to achieve the target blood pressure therapy. However, the extent to which patients with hypertension to manage personal emotions and emotional control efforts to control blood pressure assessment has not been done. This study aims to investigate whether Affirmation-Tapping can achieve improved therapeutic target blood pressure in hypertensive patients. **Methods:** This study was a descriptive comparative, posttest-only control group design. The population were hypertensive patients in the health center outpatient Pacarkeling Surabaya. The number of samples was taken twenty patients with simple random, then do the Randomized Assignment into the treatment and waiting-list group for each ten patient. They have signed a Letter of Approval and follow Affirmation-Tapping (AT) after receiving an explanation. The research instrument with the Geneva Emotion Wheel; data analyzed used Mann-Whitney test. Ethical Clearance was obtained from the Research Ethics Committee of Ministry of Health Surabaya Polytechnic. **Results:** The results showed all participants with hypertension and diabetes and half of the participants over the age of more than equal to sixty years old, and women. Both groups acquire basic treatment of hypertension. The treatment group have been followed for three months AT.

Systolic blood pressure reached 90 % in the treatment compared to 50 % in the waiting list group. Diastolic blood pressure reached 100 % in the treatment compared to 20 % waiting list group. Analysis of differences in the two groups conducted by rejecting  $H_0$  when  $p < \alpha = 0.05$ . Mann-Whitney test results for the systolic blood pressure is  $p = 0.022 < 0.05$ , and the results of the Mann-Whitney test for diastolic blood pressure  $p = 0.015 < 0.05$ . Then  $H_0$  is rejected, so the AT has been able to control blood pressure in hypertensive patients. **Conclusions and suggestions:** AT emotion management model can improve achievement of therapeutic-target blood pressure in hypertensive patients and is recommended as a complementary therapy in hypertensive patients.

**Keywords:** Hypertension, Targeted-therapeutic blood pressure, Affirmations-Tapping, Emotion Management Model, Nursing complementary

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