CHAPTER III

FINAL REPORT METHODOLOGY

3.1 Case Study Design

This study employs a descriptive design utilizing a nursing care case study approach. The case study design was selected because the researcher aimed to explore, describe, and provide an in-depth account of the actual management of family nursing care in the field. This study specifically focuses on the implementation of Dzikir therapy to minimize pain levels in patients with hypertension. This strategy was executed through a complete nursing process cycle, encompassing family data collection, clinical diagnosis formulation, intervention planning, field-based nursing actions, and the evaluation of the client's health progress.

3.2 Place and Time

In the following case study, therapy was administered to a family with a member suffering from hypertension, located within the service area of the Gribig Community Health Center (Puskesmas) specifically at RT 02 RW 02, Lesanpuro, Kedungkandang District, Malang City (65138). Data collection and the implementation of therapy took place on June 23–24, 2026.

3.3 Subject

This case study employs the term "case study subject" because the primary research focus is to explore in depth the responses and behaviors of the individual and the family as they actively engage with the nursing care provided. The subject of this case study is Mrs. L, a patient diagnosed with Ineffective Health Management associated with hypertension.

3.4 Data Collection

3.4.1 Interview

Objective and subjective data were collected through oral interviews with the patient and their family. This step aimed to obtain valid and representative information regarding the reported complaints, thereby establishing a solid foundation for validating the nursing diagnosis. The data gathered included: client and family demographics (name, age, gender, education level, occupation, ethnicity, marital status, and household composition/genogram); physical complaints (headache, neck stiffness, dizziness, or extreme fatigue); medical history (current illness, past medical history, and family history to map genetic risk factors); and daily activity patterns.

3.4.2 Observation and Physical Examination

To validate the subjective data obtained from interviews, the researcher conducted direct observations and physical examinations of the subjects. Observations focused on monitoring family interactions and the subjects' environmental conditions. Meanwhile, physical examinations were performed by body system to detect anatomical or functional abnormalities, ensuring that subsequent interventions would be accurate and measurable. In this case, vital signs were assessed using a sphygmomanometer, and checks were made for joint stiffness or pain.

3.4.3 Documentation Study

A documentation study was conducted to obtain secondary data that could support and validate the information obtained from the physical

examination and interviews. This included a review of the patient's medical records, laboratory test results, health progress charts, and other relevant supporting documents at the nearest healthcare facility. To ensure continuity of nursing care, this documentation serves as a historical clinical record.

3.4.4 Data Collection Instruments

1. Digital Tensimeter

   The blood pressure measuring device used is a digital sphygmomanometer. This reduces human error, is efficient and fast, and ensures accuracy for follow-up. The following measurements were taken before and after each therapy session.

2. Blood Pressure Monitoring Sheet

   Therapy is performed for 3 consecutive days, lasting 10 minutes. Blood pressure will be monitored before and after each session to determine any differences in results.

3.5 Data analysis

The data analysis in this case study was conducted descriptively and qualitatively. Because this research is a nursing care study, the data obtained were not processed using quantitative statistical tests but instead analyzed narratively to provide an in-depth overview.