

**APPLICATION OF FOOT REFLECTION MASSAGE TO
REDUCE BLOOD PRESSURE IN HYPERTENSION
PATIENTS IN GENENG VILLAGE**

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ABSTRACT

Background: In Indonesia the number of hypertensive patients in 2013 reached 25.8% until 2018 reaching 34.1%. Increase each year due to unhealthy lifestyles, like smoking, excess salt consumption, alcohol consumption, lack of exercise or physical activity, lack of consumption of vegetables and fruit. Hypertension is a condition of systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. How to deal with hypertension are two actions, namely pharmacology and non-pharmacology, one of the non-pharmacological actions by performing foot reflexology, can open the nerve vessels of blood vessels and will make blood flow more smoothly. **Objective:** To describe the effect of foot reflexology to the high blood pressure patients in Geneng, Karanganyar. **Method:** This research methodhe. The researcher used sphygmomanometer to measure the blood pressure. The blood pressure was checked before and after the reflexiologi. It was recorded in a chart. **Result:** The blood pressure decreased after after 3 consecutive days reflexiologi. Mr. K Systolic 130 mmHg diastolic 80 mmHg and Ny. P Systolic 120 mmHg diastolic 80 mmHg. **Conclusion:** There was a decrease in blood pressure before and after foot reflexology in Geneng, Tasikmadu, Karanganyar. the decrease in blood pressure in both respondents was in the category of pre-hypertensive and normal blood pressure.

Keyword: Hypertension, Foot Reflexology.