

**AROMATHERAPY ROSES FLOWERS TO REDUCE BLOOD PRESSURE  
ON ELDERLY IN CANDISARI, CANDIGATAK, CEPOGO, BOYOLALI**

Novita Dwi Indrawati, Wahyuni, Anjar Nurrohmah  
[novitadwi@gmail.com](mailto:novitadwi@gmail.com)  
STIKES 'Aisyiyah Surakarta

**ABSTRACT**

**Background :** Hypertension is a disease the is often suffered by the elderly. Hypertension can be defined as a systolic blood pressure is more than 140 mmHg and diastolic blood pressure is more than 90 mmHg. Generally, hypertension management is divided into two, pharmacological and non-pharmacological. Non-pharmacological that can be used to reduce hypertension is aromatherapy roses flowers. **Aim :** To describe the result of aromatherapy roses flowers to reduce blood pressure on elderly with hypertension in candisari, Boyolali. **Method :** The method used in this research was case study involving descriptive research. This study used two respondents, boold pressure measurements on respondents using a sphygmomanomater and a stethoscope performed befor application and after application. **Findings:** The after being treated for five consecutive days for five minutes every day both respondents experienced a decrease in blood pressure. Blood pressure being given the application aromtherapy roses flowers to respondent one is 150/90 mmHg and in respondent is 160/100 mmHg, after being given the applicatoin of aromatherapy roses flowers decreased blood pressure in respondent one to 130/80 mmHg and respondent two to 140/80 mmHg. **Conclusion :** There is blood pressure reduction on the patients with hypertension after being treated with aromatherapy roses flowers in Candisari, Boyolali.

**Keywords:** Hypertension, aromatherapy roses flower, Elderly