

**FOOT BATH THERAPY WARM WATER AND THERAPY CLASSICAL
MUSIC AGAINST HYPERTENSION REDUCTION
THROUGH VIDEO MEDIA**

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SUMMARY

Based on data from the health profile of Central Java, hypertension still occupies the largest proportion of reports, namely 57%. People with hypertension are still doing pharmacological treatment which can lead to dependence and if drug use is stopped it can increase the risk of having a heart attack or stroke. Patients with hypertension can use complementary therapy or complementary therapy methods that are easier and cheaper, namely by using warm water foot soak therapy and classical music that can be done at home. Based on the above problems, the writer has an idea or ideas to provide new knowledge to hypertension sufferers by making a video entitled "Warm Water Foot Soak Therapy and Classical Music Therapy Against Hypertension Reduction".

Video therapy for foot soak in warm water and classical music therapy is an audio-visual media that contains tools and materials for therapy, how to do warm foot bath therapy and classical music therapy with applicable operational standards, frequency of warm water foot soak therapy and classical music , the therapeutic benefits of warm water foot soaks and classical music therapy. Video media was chosen to make it easier for people with hypertension to do non-pharmacological therapy for foot soaking in warm water and classical music therapy, increasing knowledge about non-pharmacological hypertension therapy. Video is a health education medium that is very effective in providing information to people suffering from hypertension by showing the therapy directly.