

**MEDIA BOOKLETS COMBINATION OF PROGRESSIVE MUSCLE
RELAXATION AND WARM SOAK FEET AGAINST REDUCING
BLOOD PRESSURE IN HYPERTENSIVE SUFFERERS**

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ESSENCE

Hypertension or high blood pressure disease is a chronic condition characterized by increased blood pressure on the walls of the arteries (Sari, 2019). The increasing incidence of hypertension indicates that hypertension needs to be addressed immediately. Combination of progressive muscle relaxation which is carried out for \pm 15 minutes and continued after resting for \pm 10 minutes with a warm water foot soak which is carried out for 10-15 minutes with a water temperature of 38°C-40°C in hypertensive patients which is carried out 3 times in 1 week with a period of 3 week able to decrease blood pressure (Nopriani *et al*, 2018). One of the media that can be used in providing information is the media booklet. Booklets can be used with the aim of increasing knowledge, because booklets provide more specific information. It can be concluded that the booklet media can provide information to increase knowledge about the combination of progressive muscle relaxation and warm water foot soaking in patients with hypertension.

Keywords : Chronic, Combination, *Progressive*, Relaxation, *Booklets*, Knowledge