

**SLOW STROKE BACK MASSAGE THERAPY EDUCATION
TO REDUCE BLOOD PRESSURE FOR ELDER
USING VIDEO MEDIA**

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SUMMARY

Background; High Blood Pressure's rate in this world is so high. At the age over of 60 years old is the highest which is equal to 63,1%. Meanwhile the case rate of hypertension in Indonesian 55,2% at the age of 55-64 years old. 69,5% for 65-74 years old and 69,5% for the age over of 75 years old. The Residents who risk (>15 years old) in Central of Java has been taken blood pressure's measurements in 2018 that's recorded 1.377.356 of 9.099.765 people got high blood pressure. There are two treatments for High blood pressure by Pharmacology that using medicine and non-pharmacology like doing regular exercise, take some rest and relaxaxing. **Method:** By using the video media entitled "Slow Stroke Back Massage's Therapy to reduce the High Blood Pressure" to providing health education for residents and elder who got high blood pressure. **Result;** The result is a video that used to educate the elderly on how to treat high blood pressure with Slow Stroke Back Massage's therapy. **Conclusion;** The video entitled "Slow Stroke Back Massage's Therapy to reduce the High Blood Pressure" was made to improve the Knowledge of elders who got high blood pressure so elders can doing slow stroke back massage's therapy to reduce them high blood pressure.

Keywords: Slow Stroke Back Massage, High Blood Pressure, Video.