

**WARM WATER FOOT SOAK THERAPY AS AN EFFORT TO REDUCE
BLOOD PRESSURE IN HYPERTENSION ELDERLY
THROUGH VIDEO MEDIA**

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SUMMARY

Background ; Elderly hypertension in Indonesia is 55,2% at the age of 55-64 years, 63,2% at the age of 65-74 years, and 69,5% at the age of more than 75 yeats. Hypertension is blood pressure levels above normal. One of non-pharmacological therapies used to lower blood pressure in elderly people with hypertension is warm water foot soak therapy. Warm water foot soak therapy is by soaking the feet using warm water to of the ankles. The media used video. **Method ;** Video can be used as health education media elderly people with hypertension apply warm water foot soaking therapy to reduce blood pressure. **Result ;** Final project with title ''Efforts To Reduce Hypertension In The Elderly By Soaking Feet In Warm Water''. **Conclusion ;** Chose the video because it can display motion, pictures, and sounds that are easily understood by elderly. It is hoped this video can be useful for health education media to elderly who suffering from hypertension so can apply warm water foot soaking therapy independently.

Keywords : Hypertension, Elderly,Therapy Of Foot Soak, Video.