

**EFFORTS TO INCREASE KNOWLEDGE OF SLOW STROKE BACK  
MESSAGE THERAPY TO REDUCE BLOOD PRESSURE IN  
HYPERTENSIVE ELDERLY WITH BOOKLET MEDIA**

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**SUMMARY**

**Back Ground;** Hypertension in the elderly is a condition when a person has an increase in blood pressure above normal or a systolic pressure higher than 140 mmHg and diastolic above 90 mmHg. Hypertension in elderly people is the loss of elasticity of blood vessels, this occurs due to the lack of effectiveness of peripheral blood vessels for oxygenation. Slow stroke back massage therapy facilitates the flow of energy in the body so that hypertension and its complications can be minimized when all energy pathways are open and energy flow is no longer obstructed by muscle tension. Lack of knowledge the community, especially the elderly of families who have elderly family members, need the right media as a means of health education, one of which is a booklet. **Purpose;** The booklet provides information about the benefits and stages of slow stroke back massage therapy as a prevention so that complications from hypertension so that the quality of life remains good in the twilight years. **External Description;** The booklet contains the subject titles in detail obtained from the references used. The content of the material includes the definition of hypertension, criteria, management, understanding of slow stroke back massage therapy, benefits, what is allowed and what is not allowed to do slow stroke back massage therapy, preparation for slow stroke back massage therapy, stages of slow stroke back massage therapy. **Conclusion;** Booklet on slow stroke back massage therapy can provide information and knowledge in reducing blood pressure in hypertensive elderly or families who have hypertensive elderly family members.

**Keywords:**

*Hypertension in the Elderly, Slow Stroke Back Massage Therapy, Booklet.*