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THE INFLUENCE OF THE LOW WEIGHT OF WARM WATER FOOT WITH GINGER ON THE REDUCTION OF BLOOD PRESSURE IN PATIENTS OF HYPERTENSION IN POSYANDU SEHAT SEJAHTERA

ABSTRACT

Background: Hypertension is a condition in which a person's blood pressure exceeds the established normal limit, where the condition can cause complications in the form of diseases of other body organs. Hypertension treatment consists of pharmacological and non-pharmacological treatments. One non-pharmacological treatment is hydrotherapy which is foot soaking with warm water. The use of complementary substances in hydrotherapy such as ginger is expected to increase the effectiveness of hypertension treatment.

Objective: To find out effect of warm water foot soak with ginger to decrease blood pressure in hypertensive patients at Sehat Sejahtera Posyandu.

Method: This study is a comparative study with Pre-Experimental Design with the design of One Group Pretest - Posttest Design. The study population was elderly who had primary hypertension at the Sehat Sejahtera Posyandu. The research sample of 20 respondents was determined by *Purposive Sampling* technique. Data collection uses observation sheets and sphygmomanometer, while data analysis uses Paired sample t-test.

Results: Test results of paired sample t-test diastole blood pressure before and after the intervention that is warm foot soak with ginger concoction obtained (p -value = 0.002), then the test decision is rejected H_0

Conclusion: There is an effect of warm water foot soak with ginger to decrease blood pressure in the hypertension at Sehat Sejahtera Gambirsari Surakarta Posyandu.

Keyword: elderly hypertension, soak the feet of warm water, ginger