

APPLICATION OF FINGER GRIP THERAPY AND DEEP BREATH TO REDUCE BLOOD PRESSURE IN ELDERLY HYPERTENSION PATIENTS

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ABSTRACT

Background: Hypertension is a disease due to the impact of continuously increasing blood pressure above normal, systolic blood pressure increased by more than 140 mmHg, and diastolic blood pressure by more than 90 mmHg after two separate measurements. Finger grip therapy is part of the Jin Shin Jyutsu technique, which is very simple and easy for anyone to do because it deals with fingers and breathing. **Destination:** Knowing the difference in blood pressure before and after the application of finger grip relaxation and deep breathing to lower blood pressure. **Method:** Handling hypertension with finger gripping therapy is carried out in the elderly with the research method being Pre Experimental with one Group Pre-post test design. This is research conducted by means before being given treatment, the variables are observed first (pretest) after which measurements are taken again after being given treatment (post-test). **Results:** Handling hypertension with finger gripping therapy and deep breathing given 6 times, 2 times a day. This therapy is given for 3 days, therapy is carried out for 30 minutes in one meeting. This therapy can lower the patient's blood pressure. **Conclusion:** Finger gripping therapy and deep breathing can reduce high blood pressure in hypertensive patients.

Keywords: Hypertension, Elderly, Finger Grip, Deep Breath