

**THE APPLICATION OF FOOT MASSAGE TO LOWERING
BLOOD PRESSURE IN ELDERLY HYPERTENSION PATIENTS
IN THE AKAR WANGI ROOM PANDAN ARANG HOSPITAL**

BOYOLALI

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ABSTRACT

Background; Hypertension is known as the "silent killer" where the number of sufferers continues to increase every year so that it becomes an iceberg phenomenon in Indonesia. Hypertension or high blood pressure is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. Foot massage therapy can reduce systolic and diastolic blood pressure, reduce pulse rate, and provide a relaxing effect for tense muscles so that blood pressure will decrease. **Objective;** To find out the results of the implementation of the Application of Foot Massage Therapy in Hypertension Patients in the Wangi Root Room at Pandan Arang Boyolali Hospital. **Method;** The research design was carried out on 2 respondents using the pretest-posttest design, namely using one group of subjects, where pretest and posttest blood pressure measurements were made for each administration of Foot Massage therapy for 3 times 1 day break. **Results;** Blood pressure in 2 respondents before Foot Massage therapy was carried out was in degree 2 hypertension. Then the results were obtained after being given Foot Massage therapy. The average decrease in systolic was 13.3 mmHg and diastolic was 6.66 mmHg. At Mr. S, experienced a decrease in systolic blood pressure of 8.3 mmHg and 5 mmHg diastolic. **Conclusion;** There is a decrease in blood pressure before and after Foot Massage therapy in hypertensive patients
Keywords: Decreased Blood Pressure, Elderly Hypertension, Foot Massage therapy