

## **ABSTRACT**

### **APPLICATION OF SWEDISH MASSAGE TO BLOOD PRESSURE IN HYPERTENTION ELDERLY IN THE MAWAR 2 ROOM KARANGANYAR HOSPITAL**

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**Background** : Swedish massage is a complementary therapy that can be used to reduce blood pressure in elderly hypertensives. **Objective** : To find out the application of Swedish massage to blood pressure in elderly hypertensives in the Mawar Room 2 Karanganyar Hospital. **Method** : Using observational methods with research instruments using blood pressure observation sheets, SOP for Swedish Massage Techniques and digital sphygmomanometers. Respondents taken in this study were 2 elderly hypertensive patients in the Mawar Room 2 Karanganyar Hospital. **Results** : After doing Swedish Massage 3 times a day in the morning, afternoon and evening with a duration of 60 minutes, blood pressure in both respondents decreased. **Conclusion** : Swedish massage is proven to help lower blood pressure in hypertensive elderly and can be recommended as a complementary therapy management in improving blood pressure in hypertensive elderly in hospitals and the community.

**Keyword** : Swedish Massage, Blood Pressure, Hypertension