

**APPLICATION OF FOOT MASSAGE THERAPY TO ANXIETY LEVELS
IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS AT
SALATIGA CITY HOSPITAL**

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ABSTRACT

Background; *Chronic Kidney Disease (CKD) is a condition of decreased kidney function. Efforts to improve the quality of life of patients with kidney failure is by Hemodialysis therapy. Hemodialysis is a procedure for cleaning the blood from waste products of the body's metabolism using a device called a hemodialyzer. The psychological impact that is caused is anxiety. Anxiety is a psychosocial problem that can have a negative impact on the patient's prognosis. One of the treatments that can be given is doing Foot Massage Therapy. Foot Massage Therapy is an alternative therapy that can provide a sense of comfort and has the potential to reduce anxiety.***Purpose;** *results of the application of Foot Massage Therapy to the risk of anxiety in patients with Chronic Kidney Disease.* **Method;** *This type of research is a case study using descriptive research methods and measuring anxiety risk using the Hamilton Rating Scale for Anxiety (HRS-A).* **Results;** *The risk of anxiety before Foot Massage Therapy was carried out in respondents was included in the moderate risk category. The risk of anxiety after doing Foot Massage Therapy for respondents in the low risk category. There are differences in the development of the risk of anxiety in hemodialysis patients before and after the Foot Massage Therapy intervention.* **Conclusion;** *There are differences in development before and after the intervention of Foot Massage Therapy in hemodialysis patients.*

Keywords; *Chronic Kidney Disease, Hemodialysis, Anxiety, Foot Massage Therapy*