

***THE APPLICATION OF WARM WATER SALT WATER
FOOT SOAK AS AN EFFORT TO LOWER BLOOD
PRESSURE IN HYPERTENSIVE PATIENTS
IN MOJOSONGO VILLAGE***

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ABSTRACT

Background: Hypertension is a significant health problem. According to WHO data, the prevalence of hypertension 22%. The basic health (Riskesdas) data shows that the prevalence of hypertension in Indonesia is 34.1%, with the highest proportion in Central Java at 29.3%. data obtained in Surakarta city reached 67,355 people. Factors causing hypertension include unhealthy lifestyle, excessive salt consumption, and alcohol consumption. ***Objective :*** To determine the effect of warm salt water foot soak on lowering blood pressure. ***Methods :*** the effect of warm salt water foot soak on hypertensive patients was studied using a descriptive method, a pre therapy study. ***Results :*** The warm salt water foot soak was effective in lowering blood pressure in two respondents after being applied for seven consecutive days for 15 minutes. ***Conclusion :*** The application of warm salt water foot soak for seven consecutive days for 15 minutes can lower blood pressure in hypertensive patients.

Keywords: Salt, Hypertension, Warm Water Foot Soak.