

**APPLICATION OF FINGER HAND RELAXATION TO REDUCING BLOOD
PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION IN A VILLAGE
PETORAN RT 02 RW 09 JEBRES**

Firda Rifa Fauzia, Tri Susilowati

Profesi Ners, Fakultas Ilmu Kesehatan
Universitas 'Aisyiyah Surakarta

Email : firdarifafauzia.students@aiska-university.ac.id

ABSTRACT

Background: *One of the degenerative diseases experienced by the elderly is hypertension. Hypertension is a condition where systolic blood pressure increases more than 140 mmHg and diastolic blood pressure exceeds 90 mmHg. Based on the results of a study conducted in the village of Petoran RT 02 Rw 04 Jebres, there were 24 people suffering from hypertension out of a total of 141 residents studied. One relaxation technique that can lower blood pressure is finger grip relaxation. This can happen because holding the hand warms the points of entry and exit of energy on the meridians located on the fingers and can reduce the work of the sympathetic nerves so that blood pressure decreases.* **Objective:** *to find out the results of implementing finger grip relaxation on changes in blood pressure in elderly people with hypertension in Petoran Village Rt 02 Rw 09 Jebres.* **Method:** *Descriptive research using the case study method. The number of subjects studied was 2 respondents.* **Results:** *There was a decrease in blood pressure after doing finger-hold relaxation therapy 6 times for 30 minutes.* **Conclusion:** *Finger grip relaxation therapy has an effect on reducing blood pressure in elderly people with hypertension.*

Keywords: *Hypertension, Elderly, Finger Hold Relaxation Therapy*