

APPLICATION OF FOOT SOAK USING WARM WATER TO REDUCED BLOOD PRESSURE IN HYPERTENSION IN JOYOTAKAN SURAKARTA VILLAGE

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ABSTRAC

Background: Hypertension is a disease or health problem in all parts of the world and one of the main risk factors for cardiovascular disease. The prevalence of hypertension throughout the world is around 1.28 billion adults aged 30-79 years suffering from hypertension. Data on hypertension sufferers in Surakarta with a percentage of 20.5% and data obtained at the Kratonan Community Health Center in 2023, the number of hypertensive sufferers aged ≥ 15 in Joyotakan Village is 631. One of the non-pharmacological therapies that can be done for hypertension is a warm water foot soak. . Warm foot soaking is one of the complementary therapies currently used for hypertension. **Objective:** To determine the results of implementing foot soak therapy using warm water on blood pressure in hypertension in Joyotakan Village. **Method:** Using descriptive methods with a case study design approach, respondents used 2 hypertensive patients. Determination of respondents according to inclusion and exclusion criteria was carried out for 1 day. Soak your feet in warm water and measure your blood pressure using a sphygmomanometer. **Results:** giving warm water foot soaks was able to reduce blood pressure in 2 respondents in Joyotakan sub-district. **Conclusion:** There were changes in 2 respondents after soaking their feet in warm water for 1 day with 2 applications in Joyotakan sub-district.

Keywords: Hypertension, soak feet warm water, blood pressure