

**APPLICATION OF FOOT REFLEXOLOGY TO CHANGES IN BLOOD
PRESSURE IN HYPERTENSIVE ELDERLY IN JOYOTAKAN SURAKARTA
VILLAGE**

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ABSTRAC

Background: Hypertension is a common chronic disease worldwide that is usually known as high blood pressure. The percentage of hypertension in Central Java in 2021, hypertension cases were 37.57%. Based on sex, the presentation of hypertension in women was 15,845 and higher than in men at 14,155. Hypertensive patients in Surakarta with a percentage of 20.5%. One of the nonpharmacological therapies that can be done in hypertension is foot reflexology. Refelaksi foot massage is becoming one of the complementary therapies currently used for hypertension. **Objective:** Knowing the results of the implementation of foot reflexology therapy to reduce blood pressure in hypertensive patients in Joyotakan Village. **Method:** Using a descriptive method with a case study design approach, respondents used 2 hypertensive patients, Determination of respondents according to inclusion and inclusion criteria was carried out for 3 days. Foot reflexology and blood pressure measurement using a sphygmomanometer. **Result:** Foot Reflexion Massage was able to reduce blood pressure in 2 respondents in Joyotakan Village. **Conclusion:** There was a change in 2 respondents after doing foot reflexology for 3 days in Joyotakan Exodus.

Keywords : foot reflexology, hypertension, blood pressure