

**APPLICATION OF LAVENDER AROMATHERAPY TECHNIQUES ON
REDUCING BLOOD PRESSURE IN ELDERLY HYPERTENSION SUFFERERS
IN PETORAN VILLAGE RT 03/RW 09 JEBRES SURAKARTA**

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ABSTRACT

Background: Hypertension is often found in the elderly due to various declines in organ function in the body. Hypertension treatment can be done pharmacologically or non-pharmacologically. Non-pharmacological therapy is generally more popular with the public. One non-pharmacological therapy is aromatherapy. One of the essential oils for aromatherapy that is easy to find is lavender. Lavender contains linalool, linalyl acetate, ocimene and natural antioxidant substances which have various properties for preventing diseases such as hypertension. **Objective:** To find out the results of implementing lavender aromatherapy techniques on blood pressure in elderly people with hypertension. **Research Method:** This research is a descriptive study using quantitative methods. **Results:** the results of the development of blood pressure before and after receiving lavender aromatherapy showed a decrease in blood pressure in respondent 2, namely stage 1 hypertension. **Conclusion:** there was a change in respondent 2 after applying lavender aromatherapy 6 times in 3 weeks.

Keywords: Aromatherapy, Elderly, Lavender, Blood Pressure