

**EFFORTS TO REDUCE BLOOD PRESSURE IN HYPERTENSION
PATIENTS THROUGH EDUCATIONAL VIDEO ON HYDROTHERAPY
THERAPY**

Syafira Dianty Harlistiarum¹, Norman Wijaya Gati²

syafiradyanty@gmail.com

Universitas Aisyiyah Surakarta

SUMMARY

Background: Hypertension is a condition of high blood pressure that may lead to complications such as stroke or heart disease if untreated. According to the World Health Organization (WHO), hypertension is a leading cause of early death globally. In Indonesia, 638,178 people were reported to have hypertension in 2023. Non-pharmacological therapy such as hydrotherapy, particularly foot soaking in warm water, is known to improve blood circulation and provide a relaxation effect that helps lower blood pressure. **Objective:** This final project aims to educate hypertensive patients about how to perform hydrotherapy as a complementary therapy using an educational video that is practical and easy to follow. **Method:** The educational video was developed through pre-production, production, and post-production stages. It includes content on hypertension definitions, symptoms, complications, and step-by-step hydrotherapy techniques. The video was edited using CapCut and Canva, with a duration of 8 minutes and 6 seconds. **Results:** The trial was conducted on three individuals with hypertension and showed that the video was easy to understand, engaging, and capable of delivering information clearly. Respondents also felt supported in understanding and independently practicing the steps of hydrotherapy at home. **Conclusion:** The trial was conducted on three individuals with hypertension and showed that the video was easy to understand, engaging, and capable of delivering information clearly. Respondents also felt supported in understanding and independently practicing the steps of hydrotherapy at home.

Keywords: Hypertension, Hydrotherapy, Video Media