

***PENERAPAN TERAPI FOOT MASSAGE UNTUK MENURUNKAN
TEKANAN DARAH PADA PASIEN HIPERTENSI
DI RSUD KARTINI KARANGANYAR***

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ABSTRACT

Background: Hypertension is one of the deadliest diseases in the world which is often dubbed a silent killer because this disease has no specific symptoms, can attack anyone, anytime, and anywhere ***Objective:*** Knowing the results of the implementation of the application of foot massage therapy to reduce blood pressure in hypertensive patients at the Karanganyar Kartini Hospital ***Method:*** This type of research uses a case study design used by research is a descriptive case study which can be interpreted as a problem-solving process that aims to see the results of the application of ***results:*** Before foot massage therapy was performed, blood pressure in patients with hypertension was in the 1st degree hypertension category, and after foot massage therapy, blood pressure in patients with hypertension was in the pre-hypertension category. ***Conclusion:*** After application for 3 consecutive days there was a decrease in systolic and diastolic blood pressure in patients with hypertension at the Kartini Karanganyar Hospital.

Keywords: Blood pressure, Foot massage therapy, hypertension