

APPLICATION OF FOOT REFLEX MASSAGE TO REDUCE HIGH BLOOD PRESSURE IN ELDERLY HYPERTENSION SUFFERERS IN JOYOTAKAN VILLAGE RT 03/RW 02 SURAKARTA

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ABSTRACT

Background : Hypertension is a common chronic disease throughout the world which is usually known as high blood pressure. The percentage of hypertension in Central Java in 2021, hypertension cases were 37.57%. Based on gender, the presentation of hypertension in women was 15,845 and higher than in men, which was 14,155. Hypertension sufferers in Surakarta with a percentage of 20.5%. One of the non-pharmacological therapies that can be done for hypertension is Foot Reflexology Massage. Foot Reflexology Massage is one of the complementary therapies currently used for hypertension. **Objective :** To determine the results of the implementation of foot reflexology therapy on reducing blood pressure in hypertension sufferers in Joyotakan Village. **Method :** Using a descriptive method with a case study design approach, respondents used 2 hypertension patients, Determination of respondents according to inclusion and exclusion criteria was carried out for 4 days. Foot Reflexology Massage and blood pressure measurement using a sphygmomanometer. **Results :** Foot reflexology massage can reduce blood pressure in 2 respondents in Joyotakan RT 03 RW 02. **Conclusion :** There are changes in 2 respondents after foot reflexology massage for 4 days in Joyotakan RT 03 RW 02.

Keywords: *Blood Pressure, Foot Reflexology Massage, Hypertension*