

# THE IMPLEMENTATION OF FINGER GRIP TECHNIQUE ON BLOOD PRESSURE REDUCTION AMONG WITH HYPERTENSIVE PATIENTS

Nopiya Nur Hidayati <sup>1</sup>, Mulyaningsih <sup>2</sup>, Muhammad Natsir<sup>3</sup>

[nopiyanur44@gmail.com](mailto:nopiyanur44@gmail.com)

Universitas 'Aisyiyah Surakarta

## ABSTRACT

**Background:** Hypertension is one of the leading non-communicable diseases and a major cause of morbidity and mortality in Indonesia, particularly among the pre-elderly population. One non-pharmacological method that can be used to reduce blood pressure is the finger grip technique, a relaxation method involving stimulation of the fingers to help activate the parasympathetic nervous system and reduce the stress response. **Objective:** To determine the difference in blood pressure before and after the application of the finger grip technique in patients with hypertension. **Method:** This study is a case study using a descriptive method involving 2 respondents. **Results:** After applying the finger grip technique for five consecutive days, in the morning and evening for 30 minutes, a decrease in blood pressure was observed in both respondents.

**Keyword:** Hypertension, Pre-elderly, Finger grip technique