

**APPLICATION OF SLOW STROKES BACK MASSAGE  
AGAINST A CHANGES IN BLOOD PRESSURE  
IN NY.E WITH HYPERTENSION  
IN JEBRES SUBDISTRICT  
SURAKARTA CITY**

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**ABSTRACT**

**Background :** Hypertension cause increased risk to the stroke, heart failure, heart attack and kidney damage. Because there are no signs and symptoms, hypertension is often dubbed the silent disease aka disease come quietly. Non pharmacological treatment Slow Stroke Back Massage is one of the alternative therapies that can be used to reduce hypertension. **Destination :** To describe the results of the implementation of the application Slow Strokes Back Massage against a changes in blood pressure in Ny.E in the villages of Tegal Kuniran RT 01 RW 26 Subdistricts of Jebres City of Surakarta. **Methods :** The study used using research case studies with descriptive design research. **Result :** The study was conducted by the method of interview and observation. Research carried out for 1 week in 3 times the application on 30 May 2017 to 5 June 2017 in Jebres Subdistrict City of Surakarta. Blood pressure measurement are performed before and after the application of Slow Strokes Back Massage. After application of Slow Strokes Back Massage Ny.E blood pressure experienced a changes in systolic and diastolic blood pressure of 10 mmHg. **Conclusion :** There is the influence of application of Slow Strokes Back Massage against a changes in systolic and diastolic blood pressure.

**Keywords :** *Hipertension, Blood Pressure, Slow Strokes Back Massage*