

ABSTRACT

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THE HYDROTHERAPY OF FOOTIMMERSINGAPPLICATION WITH WARM WATER TO THE DECREASING OF BLOOD PREASSURE TO THE PATIENT OF HYPERTENSION IN BAYAN 04/VII KADIPIRO VILLAGE BANJARSARI DISTRICS SURAKARTA

ABSTRACT

Background: *The patient of hypertension in the world shows arround one billion and hypertension has become one of the main cause of early death. Hypertension usually occures when a person is above 40 years of age. The patients of hypertension in Indonesia whose age are more than 18 years old show a high number of hypertension.***Objective:** *To know the result of hydrotherapy of foot immersing in warm water toward the decreasing of blood preassure on the patient of hypertension in Bayan 04/VII Kadipiro Village, Banjarsari Districs, Surakarta.***Method:** *The method of descriptive research with case study research design. There are two respondents in this research. This research instrument used in this research were Sphygmomanometer or needle tension meter which has been calibrated, stethoscope, observation sheet, big sink, warm water arround 39-40° C, water thermometer, small towel, and wristwatch.***Result:** *The decreasing of blood preassure after the application of hydrotherapy of foot immersingpost continously 15 minutes during 5 days. The average decreasing of systolic was 20 mmHg and the average of diastolic is 10 mmHg.***Conclusion:** *It can be concluded that the footimmersing in warm water can decrease blood preasure for adult woman suffer from hypertension.*

Keywords : *Woman, Hypertension, Foot Immersing Warm Water.*