

**WARM WATER FOOT SOAK THERAPY AND DEEP BREATHING TO
REDUCE BLOOD PRESSURE IN ELDERLY**

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ESSENCE

According to the Government Regulation of the Republic of Indonesia Number 43 of 2004, elderly is someone who has reached the age of 60 years and over. Globally, the elderly population is predicted to continue to increase. Asia and Indonesia from 2015 have entered an era of aging population because the number of residents aged 60 years and over exceeds 7%. To treat hypertension, The author uses non-pharmacological methods, namely warm water foot soak therapy and deep breath relaxation, The writer will publish this therapy through video recording media. The purpose of this video is to provide information to the public about simple ways to treat high blood pressure in a non-pharmacological way that can be applied by the community. Benefits It is hoped that this media will benefit the community, especially the elderly, to increase knowledge about simple non-pharmacological ways to reduce high blood pressure. so as to reduce excess drug consumption. The target of this video media is the community, especially the elderly with hypertension, to increase knowledge about non-pharmacological therapies to treat hypertension.

Keywords : *Elderly, Hypertension, Warm Water Foot Soak Therapy and Deep Breath Relaxation*