

***Increasing Knowledge About Progressive Muscle Relaxation
Therapy And Warm Foot Soaking In Hypertensive Patients With
Booklet Media***

Desy Novita Sari

*Diploma III Nursing Study Program, Faculty Of Health Sciences,
Surakarta 'Aisyiyah University
Email : ndesy8362@gmail.com*

Essence

Progressive muscle relaxation and warm water foot soak therapy are simple methods to lower blood pressure that are easy to do, practical, affordable to use, can be done independently at home. The prevalence in Indonesia is 31,7% or one in three adults has hypertension, and 76,1% of them do not realize they have hypertension (Dilianti, 2017). If people with hypertension are given progressive muscle relaxation therapy and regular warm soaking feet, it will help lower blood pressure. Progressive muscle relaxation and warm foot soaks are done three times a week with a period of three weeks in the morning, afternoon or evening. One of the media that can be used in providing information is a booklet. Booklets can be used with the aim of increasing knowledge, because booklets provide more specific information. It can be concluded that the booklet media can provide information to increase knowledge about progressive muscle relaxation therapy and warm water foot soaking in patients with hypertension.

Keywords : *Hypertension, Foot Soak Therapy, Progressive Muscle Relaxation, Drop In Blood Pressure, Booklets*