

EDUCATION OF SWEDISH MASSAGE AS AN EFFORT TO REDUCE BLOOD PRESSURE IN ELDERLY HYPERTENSION WITH MEDIA VIDEO

Rahmi Syalsabella, Eska Dwi Prajayanti

rahmi19salsa@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: Aging is a process that occurs in every human being, starting from birth to becoming old, the aging process of the individual will progressively lose resistance to infection and decline in function in all organs of the body, this condition results in the emergence of various degenerative diseases in the elderly, one of which is hypertension. Hypertension can be defined as high blood pressure with an average systolic blood pressure of more than 140 mmHg and a diastolic blood pressure of more than 90 mmHg. One of the steps that can be taken to reduce the increase in blood pressure is by means of massage therapy. Swedish massage therapy is carried out using the touch method, which is a component of nonverbal therapeutic communication. Manipulation of the massage technique uses 4 movements, including effeurange(touching), petrisage (squeezing muscles), friction (rubbing in a circle), tapotement (percussion movements). Swedish Massage therapy requires media that is used as a means of health education, one of which is Video.

Methods: Education using video media containing Swedish massage therapy techniques to increase public information and knowledge about Swedish massage therapy as a non-medical treatment effort to reduce blood pressure in hypertension. **Results:** Hypertensive elderly can practice Swedish massage therapy independently through information obtained from video media.

Conclusion: Video media can provide information to increase public knowledge, especially the elderly about Swedish Massage Therapy for pressure on hypertension.

Keywords: Elderly, Hypertension, Swedish Massage, Video.