

**THE APPLICATION OF REFLECTION THERAPY OF FEET MASSAGE
ON BLOOD PRESSURE IN HYPERTENSION PATIENTS IN SALATIGA
CITY HOSPITAL**

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ABSTRACT

Background: Hypertension or high blood pressure is a disorder of the walls of blood vessels that increases blood pressure, resulting in the supply of oxygen and nutrients not being able to reach the tissues that need them. Foot Massage Reflexology Therapy is a complementary therapy that is safe and easy to administer and has the effect of increasing circulation, removing metabolic waste, increasing joint motion, reducing pain, relaxing muscles, and providing a sense of comfort to patients. The 2018 Basic Health Research showed that the prevalence of hypertension in Indonesia reached 34.11% based on the criteria for measuring blood pressure for people aged ≥ 18 years. **Purpose:** to find out the results of the application of foot reflexology therapy on blood pressure in hypertensive patients at Salatiga City Hospital. **Method:** the application of this journal uses a descriptive method with a case study approach. **Results:** the results after the implementation there was a change in blood pressure in both respondents. **Conclusion:** There are changes in blood pressure in both respondents, reflexology massage of the soles of the feet can reduce high blood pressure in people with hypertension.

Keywords: Hypertension, Foot Massage Reflexology Therapy