

**THE APPLICATION OF SWEDISH MASSAGE TO CHANGES IN BLOOD
PRESSURE OF HYPERTENSION PATIENTS ELDERLY IN ANGGREK 2
WARD RSUD dr. SOEDIRAN MANGUN SUMARSO WONOGIRI**

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ABSTRACT

Background: Aging (aging process) is a process that occurs in every human being starting from birth to old age which progressively loses endurance and declines 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 is high blood pressure with a systolic number of more than 140 mmHg and a diastolic number of more than 90 mmHg. The way 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. The manipulation of the massage technique uses 5 movements, including effleurage (touching), petrisage (squeezing muscles), friction (circular rubbing), tappotement (percussion movements), and vibration (vibrations). **Objective:** to find out the results of the Application of Swedish Massage to Changes in Blood Pressure of Patients with Hypertension in Anggrek Ward 2 RSUD dr. Soediran Mangun Sumarso Wonogiri. **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, Swedish massage therapy can reduce high blood pressure in people with hypertension.

Keywords: Elderly, Swedish Massage Therapy, Hypertension