

**APPLICATION OF FOOT MASSAGE TO BLOOD PRESSURE IN ELDERLY
WITH HYPERTENSION AT KARANGANYAR HOSPITAL**

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ABSTRACT

Background: Elderly are individuals who experience the aging process, with increasing age a person will experience a decrease in physical and non-physical conditions. Hypertension is a condition where the systolic blood pressure is more than or equal to 140 mmHg and the diastolic blood pressure is more than or equal to 90 mmHg. Foot massage is a traditional touch therapy that can provide a relaxing effect and relax tense muscles, and is also beneficial for health. **Objective:** To find out the results of implementing foot massage on blood pressure in the elderly at Karanganyar Hospital. **Method:** Implementation was carried out using the case study method to 2 respondents, according to the inclusion and exclusion criteria, the research instrument used blood pressure measurements and SOP Foot massage, for 3 consecutive days a day for 10-15 minutes in the morning. **Results:** Based on the results of the application that has been carried out, there is a decrease in blood pressure before and after the application of foot massage in 2 respondents with an average systolic of 10 mmHg and a diastolic of 11 mmHg. **Conclusion:** There is a difference in blood pressure reduction in the elderly with hypertension before and after the application of foot massage to blood pressure in the elderly.

Keywords: Elderly, Hypertension, Foot Massage.