

**THE APPLICATION OF FINGER GRASPING THERAPY AND DEEP BREATHING TO BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION IN MOJOSONGO SUB-DISTRICT, SURAKARTA CITY**

Sofyan Mahendra Firdaus<sup>1</sup>, Eska Dwi Prajayanti<sup>2</sup>

[sofyanmahendra30@gmail.com](mailto:sofyanmahendra30@gmail.com)

'Aisiyiah University Surakarta

**ABSTRACT**

**Background:** The prevalence in the world according to WHO data (2020) is approximately 972 million people or 26.4% of the population with hypertension. The prevalence rate in Surakarta City, Jebres sub-district is 92,614 people, Mojosoongo village is the first with a prevalence of hypertension incidence of 12,447 patients. The development of complementary medicine has a very rapid percentage increase. Globally, complementary therapy to reduce blood pressure has been widely practiced, for example, such as finger clasp therapy and deep breathing. **Objective:** Knowing the difference in blood pressure before and after the application of finger grip relaxation and deep breathing to lower blood pressure. **Methods:** Handling hypertension with finger grasping therapy is carried out on hypertensive patients with a research method carried out by means of before being given treatment / treatment, the variables are observed first (pretest) after which measurements are taken again after being given treatment (post test). **Results:** Handling hypertension with finger clasp therapy and deep breathing which is given once a day. This therapy is given for 1 day, the therapy is carried out for 30 minutes in one meeting. This therapy can reduce the patient's blood pressure. **Conclusion:** Finger grasping therapy and deep breathing can reduce high blood pressure in patients with hypertension.

**Keywords:** Hypertension, Finger grasping, Deep Breathing