

IMPLEMENTATION OF WARM WATER FOOT SOAK TECHNIQUE WITH RED GINGER ON CHANGES IN BLOOD PRESSURE IN JOYOTAKAN DISTRICT, SURAKARTA CITY

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ABSTRACT

Background: Hypertension is a condition where a person has systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg, on repeated examinations. Diastolic blood pressure is the main measurement that is the basis for determining the diagnosis of hypertension. Factors that influence the incidence of hypertension include factors (age, gender), obesity from drugs (steroids, painkillers and comorbid characteristics). Other factors that can influence hypertension are exercise, food intake, smoking, body weight and other factors. stress. Hypertension treatment consists of pharmacological and non-pharmacological therapy. Non-pharmacological therapy is living a healthy lifestyle which has been widely proven to reduce blood pressure and is generally very beneficial in reducing the risk of cardiovascular problems. The safest and most effective treatment for hypertension is natural, including herbal therapy. nutritional therapy, relaxation, meditation and hydrotherapy which includes warm water foot soak therapy with ginger. **Objective:** to determine the results of implementing the warm water foot soak technique with red ginger. **Method:** descriptive research design with a case study approach, carried out in 2 respondents. Results: before applying the warm water foot soak technique with red ginger, he experienced grade 2 hypertension, after applying it for 2 days with a duration of 10 minutes, there was a decrease of 10 mmHg. **Conclusion:** there is an effect of warm water foot soak therapy with red ginger on reducing blood pressure.

Keywords: blood pressure, soak feet in warm water, red ginger