

**APPLICATION OF WARM FOOT SOAK HYDROTHERAPY TO REDUCE
BLOOD PRESSURE IN THE HYPERTENSIVE ELDERLY IN PETORAN
02/09 JEBRES SURAKARTA**

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ABSTRACT

Background: Hypertension is a body condition characterized by systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. In the village of Petoran 02/09 Jebres, by conducting an assessment, the results showed 24 confirmed hypertension out of a total of 141 residents, 2 of whom were still confused about how to control blood pressure and deal with it when symptoms appeared. The **Objectives of the research:** To determine the results of the implementation of warm water foot soak hydrotherapy to reduce blood pressure in hypertensive elderly people in Petoran 02/09 Jebres, Surakarta. **Method:** The research used was descriptive with a case study method. **Results:** The results of the development of blood pressure before and after receiving the application of warm water foot soak hydrotherapy for 15 minutes over a period of 7 days showed that the blood pressure in both respondents had decreased. **Summary:** The application of warm water foot soak hydrotherapy can reduce blood pressure in hypertension sufferers.

Keywords: Hypertension, Hydrotherapy Soak feet