

**IMPLEMENTATION OF FOOT MESSAGE TO REDUCE BLOOD PRESSURE  
IN AKAR WANGI RSUD PANDAN ARANG BOYOLALI**

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***ABSTRACT***

*Background: Hypertension is often referred to as a silent killer because it is considered one of the diseases that is often without complaints but is a risk factor for most cases of premature death related to heart disease and stroke in the world. Hypertension does not have typical signs and symptoms in the early stages, so many people do not realize it they usually know it when health or aggravated conditions arise. Prolonged hypertension can cause complications in the form of coronary heart disease, stroke and kidney failure and can even cause death. Objective: To determine the results of the Application of Foot Massage Therapy on the Effectiveness of Lowering Blood Pressure Method: Descriptive research using case studies, this application is carried out measuring blood pressure before and after being given Foot Massage therapy for 3 days. Results: Mr. W's blood pressure from 209/99 mmHg to 188/116 mmHg. Meanwhile, Mrs. N's blood pressure from 198/105 mmHg to 180/85 mmHg. Conclusion: there is a decrease in blood pressure from both respondents after Foot Massage therapy.*

*Keywords: hypertension, blood pressure, foot massage therapy*