

***APPLICATION OF SLOW STROKE BACK MASSAGE (SSBM) THERAPY  
AS A MEASURE TO RELIEVE HEADACHES IN PATIENTS  
WITH HYPERTENSION***

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***ABSTRACT***

***Background:*** The prevalence of hypertension in Indonesia among people over the age of 15 in 2023 is 25.6% among men, with a total of 300,182 cases, and 32.8% among women, with a total of 298,801 cases. Hypertension still accounts for the largest proportion of all reported non-communicable diseases (NCDs), at 72.0%. One of the non-pharmacological therapies that can reduce head pain in patients with hypertension is Slow Stroke Back Massage (SSBM). ***Objective:*** Knowing the results of the implementation of Slow Stroke Back Massage (SSBM) therapy as an effort to reduce head pain in patients with hypertension. ***Methods:*** The method used in this study is a case study method with a descriptive research design. Respondents used amounted to 2 people with inclusion criteria of 25-50 years, blood pressure > 140/90 mmHg, and had complaints of head pain. The treatment was given for 6 days. ***Results:*** Based on the results of the study, it was found that there was a decrease in the head pain scale in both respondents. In respondent 1, the pain scale decreased from 8 to 3, while in respondent 2, it decreased from 7 to 3. ***Conclusion:*** Slow Stroke Back Massage (SSBM) therapy can be used as the non-pharmacological techniques to reduce the scale of head pain in patients with hypertension.

***Keywords:*** Hypertension, Headache, Slow Stroke Back Massage (SSBM)