

***APPLICATION OF FOOT MASSAGE IN NY. S WITH HYPERTENSION TO
DECREASE BLOOD PRESSURE IN THE WORLD***

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ABSTRACT

BACKGROUND : Techniques to deal with high blood pressure in people with hypertension. Hypertension is a common problem faced by health workers including doctors, nurses and others in hospitals or communities. In this case the authors apply foot massage to lower blood pressure in patients with hypertension. Foot massage is a form of passive exercise that improves blood circulation in the body. ***RESEARCH OBJECTIVES*** : To determine the effect of foot massage techniques to lower blood pressure in hypertensive patients in Kampung Sewu, Sewu, Jebres, Surakarta. ***RESEARCH METHOD*** : Descriptive research design with case study approach was conducted on one research subject. ***RESULTS*** : In this research, the author uses foot massage to cope with high blood pressure. In the results of decreased systolic blood pressure 10 mmHg and diastolic 10 mmHg on 15-17 June 2017. Foot Massage is effective for lowering blood pressure in people with hypertension. ***CONCLUSIONS*** : These data show that foot massage is effective for lowering blood pressure in hypertensive patients. Foot Massage is recommended to be applied to people with hypertension.

Keyword : Hypertension, Blood Pressure, Foot Massage