

**APPLICATION OF WARM WATER FOOT SOAK THERAPY TO REDUCE  
BLOOD PRESSURE IN HYPERTENSION PATIENTS IN RW 10,  
PURWODININGRATAN VILLAGE, JEBRES DISTRICT  
SURAKARTA CITY**

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**ABSTRACT**

**Background:** Hypertension is a chronic condition characterized by elevated blood pressure. A person diagnosed with hypertension typically has a systolic blood pressure  $>140$  mmHg and a diastolic pressure  $<90$  mmHg. The impact of hypertension can affect various organs such as the heart, brain, kidneys, and eyes. Warm water foot soak therapy is a non-pharmacological intervention that can help lower blood pressure. **Objective:** To reduce blood pressure in patients with hypertension. **Method:** This study used a descriptive method with 2 respondents diagnosed with hypertension. The intervention involved applying warm water foot soak therapy. **Results:** The blood pressure of both respondents before the warm water foot soak was classified as grade 1 hypertension. After the therapy, their blood pressure fell within normal limits. **Conclusion:** There was a decrease in blood pressure after applying warm water foot soaks to the 2 respondents.

**Keywords:** hypertension, foot , water