

**THE APPLICATION OF THERAPEUTIC SOAK THE FEET WITH
WARM WATER OF THE RED GINGER ON THE ELDERLY WITH
HYPERTENSION IN
DUNGKLEPU, GIRITONTRO, WONOGIRI**

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Abstract

Background : Hypertension is systolic blood pressure greater than 140 mmHg and diastolic over 90 mmHg. Hypertension is a condition where a person experiences an increase in blood pressure above normal, resulting in morbidity and mortality. Treatment of hypertension in the elderly can be done by providing complementary therapies such as foot with warm ginger water. Elderly is a challenging age for various health problems, this is related to the decline in anatomic and cell conditions to metabolic buildup that occurs in the elderly cardiovascular namely Hypertension. Foot Therapy Ginger water is one of the therapies that can be used as non-pharmacological therapy. **The aim:** to find out the blood pressure before and after the application soak of the feet with red ginger water against blood pressure on the elderly with hypertension in Dunglepu, Giritontro, Wonogiri. **Method:** the design of this study uses a descriptive method of case study procedure and application procedures. **The conclusion:** there was a decrease in blood pressure in both respondents Mrs. S Prehypertension, Mrs. Y stage 2 become stage 1.

Keywords : Elderly, Hypertension, Soak of the warm red ginger water