APPLICATION OF FOOT REFLEXOLOGY TO PRESSURE BLOOD IN ELDERLY PEOPLE WITH HYPERTENSION IN BANARAN VILLAGE, SRAGEN REGENCY

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ABSTRACT

Background: Hypertension is the most common health problem experienced by the elderly due to the aging process that causes reduced elasticity of blood vessels. Uncontrolled hypertension can lead to serious complications such as stroke, heart failure, and kidney disorders that can reduce quality of life and even increase the risk of death. Foot reflexology is a non-pharmacological therapy that can help lower blood pressure through relaxation effects and increased blood circulation.**Objective:** To determine the results of the application of foot reflexology on blood pressure in elderly people with hypertension in Banaran Village, Sragen Regency. **Methods:** This study used a case study design with two elderly female respondents with hypertension. Foot reflexology is given regularly 4 times a week once a day for 15 minutes. Blood pressure was measured using a sphygmomanometer before and after the intervention. **Results:** Before the intervention, Mrs. S's blood pressure was 146/100 mmHg and Mrs. M was 159/99 mmHg. After being given foot reflexology for 4 days regularly, Mrs. S's blood pressure dropped to 123/75 mmHg, and Mrs. M dropped to 137/64 mmHg **Conclusion:** The application of foot reflexology showed a decrease in blood pressure in 2 elderly respondents in a case study

Keywords: *hypertension, elderly, foot reflexology, blood pressure*