APPLICATION OF SWEDISH MASSAGE THERAPY TO REDUCE BLOOD PRESSURE IN THE ELDERLY AT POSYANDU MENUR X

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ABSTRACT

Background: *Hypertension is a degenerative disease that occurs in the elderly due to decreased cardiovascular function and reduced vascular elasticity. Data show that hypertension prevalence in Central Java reached 37.57% in 2025, so safe and simple control efforts are needed to support elderly care. One non-pharmacological intervention is Swedish Massage because it provides relaxation, improves blood circulation, reduces muscle tension, and stimulates the parasympathetic nervous system.* ***Objective:*** *To determine the implementation results of Swedish Massage therapy in reducing blood pressure among elderly people at Posyandu Menur X.* ***Method:*** *This study used a descriptive method with a case study approach involving two elderly respondents with hypertension. Therapy was provided three times in one week, lasting 20–30 minutes each session. Blood pressure was measured 5 minutes before therapy and 5 minutes after therapy.* ***Results:*** *The implementation showed decreased blood pressure in both respondents. Mrs. S decreased from 140/94 mmHg to 137/88 mmHg, while Mr. M decreased from 166/111 mmHg to 162/109 mmHg.* ***Conclusion:*** *Swedish Massage therapy effectively helps lower systolic and diastolic blood pressure, provides relaxation, and can be a non-pharmacological alternative therapy for elderly hypertension.*

Keywords: *Blood Pressure, Elderly, Hypertension, Swedish Massage.*