APPLICATION OF CUTANEOUS STIMULATION: SLOW STROKE BACK MASSAGE (SSBM) BLOOD PRESSURE IN HYPERTENSIVE PATIENTS AT THE NGORESAN HEALTH CENTER

Nadia Flora Salsabila[1] Zulfa Mahdiatur Rasyida[2]
nadiaslsaa@gmail.com
Diploma III of Nursing Study Program
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Hypertension is a non-communicable disease that is a serious health problem and has the risk of causing complications if not controlled. In addition to pharmacological, hypertension management can be done non-pharmacologically, one of which is through Cutaneous Stimulation Slow Stroke Back Massage (SSBM) to increase relaxation and lower blood pressure.* ***Objective:*** *To determine the effect of SSBM implementation on reducing blood pressure in hypertensive patients in the work area of UPT Ngoresan Surakarta Health Center.* ***Method:*** *This study used a descriptive design with a case study approach on two respondents. The SSBM intervention was given for three consecutive days on June 10–12, 2026. Blood pressure measurements were taken before and after the intervention using a sphygmomanometer.* ***Results:*** *The implementation of SSBM for three days was proven to reduce the blood pressure of both respondents. Mrs. N experienced a decrease from 158/96 mmHg to 134/84 mmHg, while Mr. W from 146/90 mmHg to 126/80 mmHg.* ***Conclusion:*** *SSBM is effective in lowering blood pressure and can be an easy-to-apply, non-pharmacological complementary therapy to help hypertensive patients self-manage their blood pressure.*

Keywords: *hypertension, blood pressure, Slow Stroke Back Massage, non-pharmacological therapy.*