ABSTRACT

THE EFFECT OF COMBINATION FOOT MASSAGE THERAPY AND KECAPI SULING MUSIC ON THE DECREASE OF BLOOD PRESSURE IN ELDERLY WITH HYPERTENTION

Pra-Experiment study at Panti Werdha Hargo Dedali

By: Dewi Anggraini Nurjanah

Introduction: Hypertention is one of the risk factor of heart and blood vessels disease which is categorized as the silent killer. Hypertention in the elderly can caused by physiological changes in the structure and cardiovascular function. Cardiovascular morbidity is increasing at 60 years old. One alternative non-pharmacological treatment of hypertention is the combination foot massage therapy and kecapi music, which can give a feeling of relaxation in the person's blood pressure. **Methods:** The study used a pra-experiment research design (one group pre post test design). The population were elderly with hypertention in Panti Werdha Hargo Dedali Surabaya. The sampling technique in the study used the purposive sampling with a total of 14 respondents. Independent variables are the foot massage therapy and kecapi suling music. Dependent variable is the reduction blood pressure. Data were analyzed by using Paired Samples T Test with significance value ≤0,05. **Results:** Futher results showed the effect of foot massage therapy and kecapi suling music of the value of systolic blood pressure (p = 0,000), diastolic blood pressure (p = 0,001). The study showed that combination foot massage therapy and kecapi suling music has an effect in reducing systolic and diastolic blood pressure in the elderly with hypertention. **Discussion:** It suggested that the result of this research will be used as an input for Panti Werdha Hargo Dedali and for nurses to apply this intervention as one of non-pharmacological intervention in managing the high blood pressure among elderly.

Keywords: Foot massage therapy, kecapi suling music, hypertention, elderly