

ABSTRACT**Effect of Lower Extremity Massage with Lavender Essential Oil for
Decreasing Blood Pressure in Elderly with Hypertension in UPTD Griya
Werdha Surabaya****A Pre-Experimental Study****Fatih Haris Maulana**

An aging process occurs naturally with many problems which is physical problems, mental, and social. One of that physical problems is the increasing of blood pressure. The name is hypertension. At UPTD Griya Werdha Surabaya, there was many elderly had hypertension, where 17 out of 54 elderly had high blood pressure. The Data indicated to need a modify nursing interventions to decrease their blood pressure.

The purpose of this study was to prove the effect of lower extremity massage with lavender essential oil for decreasing blood pressure of elderly with hypertension in UPTD Griya Werdha Surabaya. This Study used pre-experimental design with one group pre test and test post design. Population comprised elderly who had hypertension, and the total population are 17 individuals. Samples were taken using purposive sampling who meet the criteria. And total sampling who available are 13 individuals. The independent variable was lower extremity massage with lavender essential oil. The dependent variable was blood pressure. This research was carried out for 1 weeks (Januari 31th - Februari 6th, 2016). Data analysis used paired t Test with significance level $p \leq 0.05$. An instrument to used aneroid sphygmomanometer.

Result Showed that lower extremity massage with lavender essential oil had significant effect to decrease blood pressure with p value = 0,000 for systolic pressure and p value = 0.01 for diastolic pressure. It can be concluded that there is the influence of massage lower extremities with lavender essential oil to decrease blood pressure for the elderly hypertension in UPTD Griya Werdha Surabaya

Keywords : Hypertension in the elderly, massage, lavender essential oil