

## ***ABSTRACT***

Firdaus 30.01.14.0021

Comparison of Warm Water Therapy Foot bath and Progressive Muscle Relaxation Technique on Hypertension in the Elderly at Panti Tresna Werdha KM Teratai 6 Palembang.

### **SKRIPSI**

**PROGRAM STUDI ILMU KEPERAWATAN**

**FAKULTAS ILMU KESEHATAN**

**UNIVERSITAS KATOLIK MUSI CHARITAS**

**Background:** National Health and Nutrition Examination Survey (NHCS) in the United States in 2011-2013 states that the percentage of hypertension in the elderly account for about 64%, and in 2015-2016 the elderly with hypertension are 65% of the total population. Nursing interventions that can be provided by performing Warm Water Therapy Foot bath and progressive muscle relaxation techniques.

**Aim :** Analyzing Comparative Warm Water Therapy Foot Bath and Progressive Muscle Relaxation Techniques Against Hypertension in the Elderly Nursing Wherda Tresna Palembang

**Method:** This study used a quasi-experimental design with two group pre-post test and samples of 24 people. Total Sampling Sampling

**result**Classification of Hypertension before administration of therapeutic intervention soak your feet warm water is the Classification of Hypertension Stage II amounted to 12 respondents (100%) and classification of hypertension before the given intervention technique of progressive muscle relaxation Classification of Hypertension Stage II amounted to 12 respondents (100%) and Classification of Hypertension after therapy warm water foot bath using statistical tests Wilcoxon obtained p value = 0.002 and progressive muscle relaxation techniques statistical test results obtained using Wilcoxon obtained p value = 0.002. Hypertension classification after doing the warm water foot bath therapy and progressive muscle relaxation technique on hypertension in the elderly showed statistically using Mann Whitney test was obtained p value = 0.003  $\alpha < (0.05)$ .

**Keywords :** Elderly, Hypertension, Warm Water Therapy Foot Bath, Progressive Muscle Relaxation Technique.