

ABSTRACT

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Differences in Blood Pressure Before and After Foot Soak of Red Ginger (Zingiber Officinale Varrubrum) Water in the Elderly with Hypertension in RT 17, Talang Betutu, Palembang.

SKRIPSI

PROGRAM STUDI ILMU KEPERAWATAN

FAKULTAS ILMU KESEHATAN

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Background: Every human physiologically his body will experience a decline in function when he enters the age of the elderly. Hypertension that occurs due to a decrease in elasticity, thickening and narrowing of the blood vessel lumen. The red ginger water foot soak is a non-pharmacological effect so that the body will relax more and reduce stiffness in blood vessels and facilitate blood flow.

Objective: To know the difference in blood pressure before and after soaking red ginger warm water feet in the elderly with hypertension.

Method: This study used a quantitative method with Quasi Experiment design with a Time Series Design Pretest and Posttest design. The data collection technique uses Total Sampling with a sample of 23 respondents.

Results: In this study the average blood pressure before the foot bath of red ginger warm water was 163,04/93,83 mmHg. After being given red ginger water foot soak the average blood pressure value is 135,65/87,78 mmHg. With the results of the paired test, the T-test samples have differences in blood pressure before and after soaking the red ginger warm water feet with a value of before and after systolic and diastolic blood pressure of 0,000.

Suggestion: For this reason, it is hoped that the soak of red ginger water can be used as a support for conventional medicine.

Keywords: Foot Soak, Red Ginger Warm Water, Blood Pressure, El