

ABSTRACT

Kadek Puspitasari, Nim : 30.01.13.0026

Effects of Hydrotherapy Feet Soaked With Warm Water Against Blood Pressure Lowered In The Elderly Hypertension at Panti Sosial Tresna Werdah Teratai KM 5 Palembang.

SKRIPSI

PROGRAM STUDI ILMU KEPERAWATAN

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UNIVERSITAS KATOLIK MUSI CHARITAS PALEMBANG

Keywords: foot soak hydrotherapy, blood pressure, hypertension, elderly (71 page, 10 table, 4 chart, 6 attachment)

Background: Hydrotherapy is a water-based use and or with natural ingredients for health care. Hypertension can be treated pharmacologically or nonpharmacologically. Nonpharmacological interventions one of them is a foot-soaked hydrotherapy with warm water. Hydrotherapy soak feet with warm water can dilate blood vessels so that blood circulation becomes smooth, lower blood viscosity, and reduce muscle tension.

Objective: The purpose of this study was to determine the effect of blood pressure before and after the intervention of hydrotherapy soak feet with warm water to decrease blood pressure in elderly hypertension in Panti Sosial Tresna Werdah Teratai KM 5 Palembang.

Method: This type of research is a type of quantitative research using the Pre-experimental method with the design of one group pretest-posttest design of sampling technique using Simple Random Sampling by using Spearman test the number of samples consisted of 19 research subjects.

Result: the result of the research is got Sig 0,004 <0,05 correlation coefficient ,596**, thereby indicate there is influence of foot soak hydrotherapy with warm water to decrease blood pressure in elderly hypertension in Panti Sosial Tresna Werdah Teratai KM 5 Palembang with strong relation strength. It is advisable for elderly and hypertensive patients to make foot hydrotherapy as an alternative treatment is appropriate, because in addition to easy to obtain, practical and inexpensive.

References: 2009-2017