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**“THE INFLUENCE OF THE WARM WATER SOAK FEET TO THE
REDUCTION OF BLOOD PRESSURE IN ELDERLY HYPERTENSION
PATIENTS IN WORKING AREA PUSKESMAS KECAMATAN KEBON
JERUK JAKARTA BARAT”**

Chapter xxi + 7 Bab + 72 page + 14 table + 3 scheme + 1 Picture +15attachment

ABSTRACT

Soak feet warm water is one of the hypertension therapy is beneficial to dilate blood vessels, improve blood circulation and nerve trigger is on foot to work. Research objectives determine the effect of warm water foot bath to decrease blood pressure in elderly hypertensive in Working Area Puskesmas Kecamatan Kebon Jeruk Jakarta Barat. Research was conducted on 10-13 February 2014 using a quasi experiment design pretest and posttest nonequivalent control group, data retrieval technique using saturated sampling were 38 respondents elderly hypertension. Data were collected using observation sheets and spigmomanometer to determine the effect of warm water foot bath. Analysis of studies using paired t-test and independent t test with a level signifiksi $\alpha < 0,05$.

The results showed no significant differences in systolic and diastolic blood pressure before and after the warm water foot bath (p value 0,000 dan p value 0,000). Warm water soak feet in 15 minutes for 1 time can lower systolic and diastolic blood pressure by a mean reduction in systolic blood pressure of 20.53 mm Hg and 10.00 mmHg diastolic. Conclusions of this study was no effect of warm water foot bath to decrease blood pressure in elderly hypertensive patients in Working Area Puskesmas Kecamatan Kebon Jeruk Jakarta Barat. Foot soak using warm water is expected to be an alternative treatment, because it is easily available, cheap and practical.

Keywords : Warm Water Soak Foot, Blood Pressure, Elderly With Hypertension
Bibliography: 40(2000-2014)