

**THE EFFECT OF WARM WATER FOOT SOAK HYDROTHERAPY ON
REDUCING BLOOD PRESSURE AND STRESS LEVELS IN HYPERTENSIVE
ELDERLY IN THE BARENG KARTINI RW 01 AREA OF BARENG VILLAGE**

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ABSTRACT

Hypertension is a non-communicable disease that is one of the leading causes of death in the world and increases the risk of diseases such as heart attack, stroke, diabetes, and kidney disease often associated with stress levels. The purpose of this study was to determine the effect of warm water foot soak hydrotherapy on lowering blood pressure and stress levels in the elderly. The research design used was quasy experimental which was arranged in a two group pre-test post-test design with control group. Respondents as many as 60 elderly were selected using purposive sampling method. Bivariate analysis using the Wilcoxon and Man Whitney tests to determine the effect and difference between the two groups. Influence and differences between two groups. The results showed that most of the elderly pre-test experienced grade II hypertension as many as 33 elderly (52%) and moderate stress levels as many as 29 elderly (48%). After the post-test in the treatment group, most of the elderly experienced pre-hypertension 16 elderly (53%) and low stress levels as many as 19 elderly (63%) low. In the pre-post test control group, blood pressure and stress levels did not change. The results of the Wilcoxon Test showed a significant effect of pre-post test group. The results of the Wilcoxon test showed a significant effect of the pre-post test of the treatment group on blood pressure and stress levels showing a p value of 0.000, while in the control group the p value of blood pressure was 0.065 and the stress level was 0.002. The results of the Man Whitney post-test test of the control and intervention groups of blood pressure and stress levels were 0.000. It is hoped that this research can be used as an alternative for elderly people with hypertension by applying warm water foot soak hydrotherapy in reducing blood pressure and stress levels.

Keywords: *Hydrotherapy, Hypertension, Blood Pressure, Stress Levels.*