"THE EFFECT OF REFLEXOLOGY MASSAGE ON REDUCING BLOOD PRESSURE IN ADULT HYPERTENSION PATIENTS IN THE WORKING AREA OF PANDANWANGI COMMUNITY HEALTH CENTER"

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ABSTRAK

Background: *Hypertension is a major health problem whose prevalence continues to increase in adults and has the potential to cause serious complications if not properly controlled. In addition to pharmacological therapy, non-pharmacological efforts are needed as complementary therapies to help control blood pressure. One complementary therapy that can be used is reflexology.* ***Objective:*** *This study aims to determine the effect of reflexology massage on reducing blood pressure in adult hypertensive patients in the working area of the Pandanwangi Community Health Center, Malang City in December 2025.* ***Method:*** *This study used a quasi-experimental design with a pre-test and post-test approach with a control group design. The research sample consisted of 42 respondents who were divided into two groups, namely the intervention group who received reflexology massage and the control group without treatment. Systolic and diastolic blood pressure were measured before and after treatment. Data analysis was carried out using the Wilcoxon Signed Rank Test to determine the difference in pre- and post-intervention blood pressure and the Mann–Whitney U test to determine the difference in post-intervention blood pressure between the two groups.* ***Result:*** *The results showed a significant difference in systolic and diastolic blood pressure in the intervention group after being given reflexology massage with a value of p = 0.000 (<0.05). The results of the Mann–Whitney U test showed a significant difference in post-test blood pressure between the intervention group and the control group p = 0.000 (p <0.05).* ***Conclusion:*** *Thus, it can be concluded that reflexology massage has a significant effect on reducing blood pressure in adult hypertension sufferers.*

Keywords*: reflexology massage, hypertension, blood pressure, adults.*