AROMATHERAPY ROSES FLOWERS TO REDUCE BLOOD PRESSURE ON ELDERLY IN CANDISARI, CANDIGATAK, CEPOGO, BOYOLALI

Novita Dwi Indrawati, Wahyuni, Anjar Nurrohmah
novitadwi@gmail.com
STIKES ‘Aisyiyah Surakarta

ABSTRACT

Background : Hypertension is a disease that is often suffered by the elderly. Hypertension can be defined as a systolic blood pressure is more than 140 mmHg and diastolic blood pressure is more than 90 mmHg. Generally, hypertension management is divided into two, pharmacological and non-pharmacological. Non-pharmacological that can be used to reduce hypertension is aromatherapy roses flowers. Aim : To describe the result of aromatherapy roses flowers to reduce blood pressure on elderly with hypertension in candisari, Boyolali. Method : The method used in this research was case study involving descriptive research. This study used two respondents, blood pressure measurements on respondents using a sphygmomanometer and a stethoscope performed before application and after application. Findings: The after being treated for five consecutive days for five minutes every day both respondents experienced a decrease in blood pressure. Blood pressure being given the application aromatherapy roses flowers to respondent one is 150/90 mmHg and in respondent is 160/100 mmHg, after being given the application of aromatherapy roses flowers decreased blood pressure in respondent one to 130/80 mmHg and respondent two to 140/80 mmHg. Conclusion : There is blood pressure reduction on the patients with hypertension after being treated with aromatherapy roses flowers in Candisari, Boyolali.

Keywords: Hypertension, aromatherapy roses flowers, Elderly