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JENDERAL ACHMAD YANI
YOGYAKARTA

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UNJAYA INTERNATIONAL CONFERENCE OF HEALTH SCIENCES

ABSTRACT PROCEEDING

STRENGTHENING QUALITY OF HEALTH CARE SERVICE THROUGH
CLINICAL PRACTICE, EDUCATION, AND RESEARCH

**IN UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA
16th – 17th NOVEMBER 2022**

Disusun Oleh:

**Ike Wuri Winahyu S., M. Kep
Novita Nirmalasari, M. Kep.
Rizqi Wahyu Hidayati, M. Kep**

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Editor:

Ike Wuri Winahyu S., M. Kep.

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Rizqi Wahyu Hidayati, M. Kep.

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2. Ike Wuri Winahyu Sari, M. Kep.
3. Novita Nirmalasari, M. Kep.

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Contact

Nursing Department

Universitas Jenderal Achmad Yani Yogyakarta

Jl. Brawijaya, Ring Road Barat, Ambarketawang, Gamping Sleman, Yogyakarta, 55294

Phone : (0274) 4342000

Fax : (0274) 4342542

E-mail : fkes@unjaya.ac.id

Website : fkes@unjaya.ac.id

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WELCOMING SPEECH

Good morning, ladies and gentlemen. It is great pleasure for me to welcome you to the 1st Unjaya International Conference of Health Sciences (UNICHHS). I am very thankful to you, Doctor Djoko Susilo ST., MT., IPU, The Rector of Jenderal Achmad Yani Yogyakarta University, and The Vice Rector, Mrs. Ida Nursanti, The Dean of Health Faculty and the Vice Dean, The Speakers, The Guest, and The Partisipants, for taking time out of your schedule to attend this event. I also wish to thank the committees who have organized this wonderful event here.

I am especially honored to welcome the representatives from each university who participate in this conference.

My name is Rizqi Wahyu Hidayati, the Chief of UNICHHS. The Covid-19 Pandemic is still existing. We lost our family, friends, and Colleague because of pandemic. Health practitioners is the first liner in improving the better world the better health. As the effort in improving of health care, we need to stand together for it, through education, research, and practice.

Thank you for being part of this event into better health service in Indonesia. I also say thank you for all the researchers and participants from University both in Indonesia and Malaysia. I hope all of you can enjoy in this event. Good Morning.

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Literature Review: Effectiveness of Swedish Foot Massage Therapy to Quality of Sleep in Elderly with Essential Hypertension

Rahmah Widyaningrum^{1*}, Tri Hardi Miftahul Ulum², Anis Dwi Yulianti³

^{1,2,3}STIKes Madani, Bantul, Yogyakarta, Indonesia
Corresponding Author*: rahmah.widyaningrum@gmail.com

ABSTRACT

Background: Aging processes in the elderly lead to degenerative diseases, one of them being essential hypertension. The elderly with hypertension often complains about trouble sleeping, difficulty staying awake, often waking up in the middle of the night, and later difficulty going back to sleep, waking up too early, and sleeping poorly. Treatment may include pharmacology and nonpharmacology. One nonpharmacological treatment was a complementary therapy called foot massage with Swedish techniques.

Purpose: To determine the effect of Swedish foot massage therapy on sleep quality in elderly with essential hypertension in the Elderly. **Methods:** Literature Review. **Data Sources:** Science Direct, Springer Nature, Hindawi, Researchgate, and Sinta.

Method: The research method used is Literature Review with the PICO Analyst method (Problem, Intervention, Comparison, and Outcome) from 2014 to 2020 with the keywords 'Swedish foot massage' and 'sleep quality' and 'hypertension'.

Results: The results of a review of all research journals on Swedish foot massage therapy showed significant results in improving the sleep quality of patients with essential hypertension.

Conclusion: Based on the results of the analysis of 7 jour, the intervention of Swedish foot massage therapy significantly improves the sleep quality of hypertensive patients. So, the researchers recommend Swedish foot massage therapy to improve the quality of sleep for people with essential hypertension.

Keywords: *Elderly; Hypertension; Sleep Quality; Swedish Foot Massage*