

**THE EFFECTIVITY OF CIRCULO MASSAGE ON BLOOD PRESSURE AND PULSE
IN BLIND ELDERLY AT MARDI WUTO SOCIAL AGENCY YOGYAKARTA**

BACHELOR THESIS

**Presented to Faculty of Sport Science
Universitas Negeri Yogyakarta
as Partial Fulfilment of the Requirements
for the Attainment of Bachelor of Sport Degree**



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**SPORT SCIENCE STUDY PROGRAMME
FACULTY OF SPORT SCIENCE
UNIVERSITAS NEGERI YOGYAKARTA
2022**

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ABSTRACT

The objective of the study was to determine the effectiveness of Circulo massage on blood pressure and pulse rate in the blind elderly at the Mardi Wuto Social Agency, Yogyakarta. The research was conducted on 20-21 November 2021 in Mardi Wuto, Yogyakarta. The observation results stated that the blind elderly at the institution did not know that the Circulo massage can reduce blood pressure and pulse rate.

This study applied a quantitative descriptive method and a Quasi Experiment design with a one-group pre-test-post-test. The population in this study was 30 elderly blind people in Mardi Wuto Social Agency who were selected using the total sampling technique. The research instrument used was a digital sphygmomanometer to measure blood pressure and pulse rate. The treatment given to the sample was in the form of a circulo massage for 45 minutes. The data analysis technique used was paired t-test to determine the significance of the difference.

The results showed that the systolic value before treatment was 141.13 mmHg, and after being given the treatment, it decreased to 130.40 mmHg (7.60%) with a significance value of $0.000 < 0.05$. The diastolic value before treatment was 90.83 mmHg, and after treatment, it decreased to 83.20 mmHg (8.40%) with a significance value of $0.000 < 0.05$. Before treatment, the pulse rate was 83.37 and dropped to 76.20 (8.60%) with a significance value of $0.000 < 0.05$. Therefore, the conclusion of the research conducted was that Circulo massage was effective in reducing blood pressure and pulse rate in the blind elderly at the Mardi Wuto Social Agency, Yogyakarta.

Keywords: Circulo massage, blood pressure, pulse