

# ***THE EFFECT OF CUPPING THERAPY ON HEADACHE INTENSITY IN ELDERLY HYPERTENSION PATIENTS IN KRANGGANHARJO VILLAGE, TOROH DISTRICT, GROBOGAN REGENCY***

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***Background:*** Hypertension is one of the diseases that is the biggest risk factor for death [1]. Hypertension still occupies the largest proportion of all reported NCDs in Central Java, which is 57.10% [2]. Data from the Grobogan Regency Office in 2022 recorded that 171,106 people with a prevalence of 38.20% received health services with complaints of hypertension. The majority of hypertension cases occur in the elderly, which is 54.60% [3]. Increased blood pressure in patients with hypertension is mostly always accompanied by complaints of headaches. One of the non-pharmacological therapies that can be done to overcome this problem is cupping therapy. ***Objective:*** The objective of this study was to determine whether there was an effect of cupping therapy on the intensity of headaches in elderly people with hypertension in Krangganharjo village. ***Methodology:*** This study is a quantitative study with a quasi-experimental method and a one-group pre-test-posttest design. The variables of this study are independent variables, namely cupping therapy and dependent variables, namely headache intensity in elderly people with hypertension. Sampling is Non Probability Sampling with Quota Sampling technique. ***Results:*** The average headache scale before cupping therapy was 1.80 and after cupping it became 0.75 on the Numeric Rating Scale (NRS). The results of the Wilcoxon test found a p value of 0.000. ***Conclusion:*** From the results of the study above, it can be concluded that there is a significant effect of cupping therapy on reducing the intensity of headaches in elderly people with hypertension in Krangganharjo village.

***Keywords:*** Hypertension, Cupping, Headache.

***Bibliography:*** (2018-2021)