

## **THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION TOWARD BLOOD PRESSURE OF HIPERTENSION PATIEN**

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### **ABSTRACT**

**Background:** Hypertension occurs a lot at the age of the elderly but does not require the possibility of hypertension can also occur at a young age. Handling hypertension can be done with pharmacological therapy as well as nonpharmacology. One of the nonpharmacological therapies that can be done is progressive muscle relaxation. **Goals:** To know the Comparison of Progressive Muscle Relaxation Effect on Blood Pressure Reduction in Hypertension Patients. **Research Methods:** The type of research used in this study is Quasi Eksperimental with pretest-posttest with control group design. The population in this study was 63 people with hypertension. Samples were 30 respondents using purposive sampling. The research was conducted on April 16-April 20, 2017 at Posyandu Lansia Wonokromo Pleret. The collected data were analyzed by statistical test of wilcoxon sign test and Mann-Whitney Test. **Results:** The results of the analysis that have been done show no difference in blood pressure after progressive muscle relaxation between patients of middle age hypertension and elderly. The result of statistical test showed that systolic blood pressure significance value was 0,254 ( $p > 0,05$ ) and diastolic blood pressure 0,915 ( $p > 0,05$ ). **Conclusion:** There was no difference in blood pressure between middle age and elderly after progressive muscle relaxation.

**Keywords:** Hypertension, Blood Pressure, Progressive Muscle Relaxation

## PENGARUH PROGRESSIVE MUSCLE RELAXATION TERHADAP TEKANAN DARAH PADA PENDERITA HIPERTENSI

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### INTISARI

**Latar Belakang :** Hipertensi banyak terjadi pada usia lansia tetapi tidak menuntut kemungkinan hipertensi juga bisa terjadi pada usia muda. Menangani hipertensi dapat dilakukan dengan terapi farmakologi dan juga nonfarmakologi. Salah satu terapi nonfarmakologi yang dapat dilakukan adalah *progressive muscle relaxation*. **Tujuan :** Untuk mengetahui Perbandingan Pengaruh *Progressive Muscle Relaxation* Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi. **Metode Penelitian :** Jenis penelitian yang digunakan dalam penelitian ini adalah *Quasi Eksperimental* dengan *pretest-posttest with control group* desain. Populasi dalam penelitian ini adalah 63 orang penderita hipertensi. Sampel sebanyak 30 responden menggunakan *purposive sampling*. Penelitian dilaksanakan pada 16 April-20 April 2017 di Posyandu Lansia Wonokromo Pleret. Data yang terkumpul dianalisis dengan uji statistik *wilcoxon sign test* dan *Mann-Whitney Test*. **Hasil Penelitian :** Hasil analisis yang sudah dilakukan menunjukkan tidak terdapat perbedaan tekanan darah sesudah dilakukan *progressive muscle relaxation* antara penderita hipertensi usia pertengahan dan lansia. Hasil uji statistik diperoleh nilai signifikansi tekanan darah sistolik 0,254 ( $p>0,05$ ) dan tekanan darah diastolik 0,915 ( $p>0,05$ ). **Kesimpulan :** Tidak terdapat perbedaan tekanan darah antara usia pertengahan dan lansia sesudah dilakukan *progressive muscle relaxation*.

**Kata Kunci :** Hipertensi, Tekanan Darah, *Progressive Muscle Relaxation*