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***Progressive Muscle Relaxation Therapy To Treat Stress And High Blood Pressure In The Elderly***

**SUMMARY**

**Background:** *Elderly in the process of aging, changes will occur. The changes experienced by the elderly. Namely physical changes, psychological, changes, spiritual changes, and psychosocial changes. The changes that occur in the elderly make them prone to stress and high blood pressure. Stress is a response or reaction to the demands or burdens faced. High blood pressure (Hypertension) is an increase in blood pressure above normal. Treatment of stress and high blood pressure in the elderly can use nonpharmaceutical therapy, namely progressive muscle relaxation therapy.*

**Objective:** *To increase the knowledge of the general public, especially posyandu cadres and the elderly, about progressive muscle relaxation.*

**Methods:** *The method used is using IEC media, namely a pocket book as a tool to increase knowledge and as a guide in carrying out progressive muscle relaxation therapy.*

**Result:** *The pocket book IEC media will be distributed to the general public, especially the elderly, through posyandu activities.*

**Conclusion:** *As a media for promotion, information, and education which will be distributed to the general public, especially the elderly and posyandu cadres, to deal with stress and high blood pressure in the elderly.*

**Keywords:** *Stress, High Blood Pressure, Progressive Muscle Relaxation, Pocket Book.*