

ABSTRACT

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<p><i>DIFFERENCE OF HEALTHY WALK AND PROGRESSIVE MUSCLE RELAXATION THERAPY FOR LOWERING BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION IN WORK PLACE PUSKESMAS NGORESAN KOTA SURAKARTA</i></p>	
<p style="text-align: center;">ABSTRACT</p> <p><i>Introduction:</i> Hypertension is a condition where human's blood pressure is higher than normal, with systolic values >140 mmHg and diastolic values >90 mmHg. In 2015 there were 52.637 cases of hypertension and increased to 59.028 cases in 2016, then decreased to 28.919 cases in 2017 and still ranked at the first place as non-contagious diseases in Surakarta Regional Health Center. Non-pharmacological management of blood pressure reduction can be done by doing healthy walking and progressive muscle relaxation. <i>Objective:</i> To determine differences of treatment between healthy walk and progressive muscle relaxation to decrease blood pressure of hypertension patients in Puskesmas Ngoresan Surakarta. <i>Methods:</i> Quantitative analytical experimentally using true experimental with pretest-posttest with two group design, the sample are 32 respondents composed of 16 groups of healthy walk and 16 groups of progressive muscle relaxation with purposive sampling technique. <i>Results:</i> Based on the results obtained Mann-Whitney test, p value 0,041 ($p < 0,05$) H_0 was accepted and H_0 was rejected, it showed that there are difference between healthy walk and progressive muscle relaxation to decrease blood pressure of hypertension patients in Puskesmas Ngoresan Surakarta. <i>Conclusion:</i> There are treatment differences between healthy walk and progressive muscle relaxation to decrease blood pressure of hypertension patients in Puskesmas Ngoresan Surakarta.</p>	
<p><i>Keywords :</i> Blood Pressure, Healthy Walk, Hypertension, Progressive Muscle Relaxation.</p>	