

Abstract

Hypertension is a health problem that requires good management, because of its high morbidity and mortality. World Health Organization (WHO) the number of hypertension sufferers will continue to increase along with the growing population. In 2025, it is projected that around 29% of the world's population will be affected by hypertension. The percentage of hypertension sufferers is currently mostly found in developing countries.

Handling hypertension apart from using drugs or by modifying lifestyle. Lifestyle modification can be done with non-pharmacological therapy. Non-pharmacological therapy is an option for people with hypertension because of its affordable costs. One of them is non-pharmacological therapy which can be done with complementary therapies that use natural ingredients that are around us, such as progressive muscle relaxation, meditation, aromatherapy, herbal therapy, nutritional therapy. Relaxation therapy gives individuals self-control when discomfort or pain occurs.

Progressive muscle relaxation research on headache reduction in hypertensive patients through pocket book media. Through the resulting pocket book media can facilitate the delivery of information to hypertensive patients in carrying out progressive muscle relaxation. The resulting media can increase public knowledge about progressive muscle relaxation to treat headaches in hypertensive patients.

Keywords: hypertension, progressive muscle relaxation, pocket book