

***EFFORTS TO LOWER BLOOD PRESSURE ON HYPERTENSIVE PEOPLE
BY MEANS OF BENSON'S RELAXATION TECHNIQUE THROUGH
THE MEDIA VIDEOS***

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SUMMARY

Back Ground; Hypertension is an increased persistent pressure where systolic blood pressure above 140 MMHG and diastolic pressure over 90 MMHG. The prevalence of hypertension in Indonesia in 2019 saw an increase of 25.8% to 34.1%. According to the health profile of central Java, 2019, 8,070,378 people Or a 30.4%. One way to combat hypertension is by Benson's relaxation technique. ***Method;*** The method used in this output is using video media by taking pictures through the camera so that through video media about Benson relaxation techniques in people with hypertension, it is hoped that it can increase knowledge to the public, especially people with hypertension. ***Result;*** The theme of this video is the Benson relaxation technique to lower blood pressure in hypertensive sufferers. Describes and procedures how to do benson relaxation therapy. ***Conclusion;*** By using this video media, it can provide information and knowledge about how to perform Benson relaxation techniques to lower blood pressure for people with hypertension.

Keywords : Hypertension, Benson, Relaxation, Video

