

**THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION
TECHNIQUES TO DECREASE BLOOD PRESSURE IN THE ELDERLY
IN KARANGLO KARANGTURI GONDANGREJO KARANGANYAR
VILLAGE**

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ABSTRACT

Background: Elderly or aging is a condition that occurs in human life. The increasing number of elderly people causes various problems such as health, psychological, social and economic problems that will be felt by the elderly. Health problems, especially degenerative diseases in the elderly that often occur include hypertension, diabetes mellitus, dental problems, heart disease, stroke, oral problems, kidney failure, cancer. Hypertension is a non-communicable disease that is a health concern because this disease is called the silent killer, meaning that there are no signs or symptoms that can be seen from the outside. Individuals can be said to be diagnosed with hypertension if the systolic blood pressure is at a level of 140 mmHg or more and the diastolic blood pressure is at a level of 90 mmHg or more. There are many kinds of relaxation related to hypertension sufferers, one of the relaxations that can be done is progressive muscle relaxation. **Objective:** To describe the difference in blood pressure in the elderly before and after progressive muscle relaxation was applied. **Methods:** This scientific paper plan uses a case study design. **Conclusion:** The application of progressive muscle relaxation helps reduce or control blood pressure in the elderly with hypertension.

Keywords: Elderly, Hypertension, Blood Pressure, Progressive Muscle Relaxat