

# APPLICATION OF BENSON RELAXATION THERAPY TO BLOOD PRESSURE IN HYPERTENSION PATIENTS

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## ABSTRACT

**Background:** Indonesia is included in the category of hypertension sufferers which is quite high, namely 34.1% in the world, while in Central Java it is 57.87%, for the prevalence of hypertension in Surakarta city is 37.80%. And the first highest hypertension sufferer is in the Jebres sub-district, namely the Sibela Health Center as many as 12,447 sufferers, from the high value of hypertension in Indonesia if it is not treated it will cause heart and blood vessel problems and will affect functional changes, impaired physical function which will affect Activity Daily Living (ADLs). For that we need efforts to control blood pressure. Benson relaxation is a religious therapy that involves religious belief factors that can eliminate disturbing thoughts as a trigger for hypertension. **Method:** To determine changes in blood pressure in hypertensive patients before and after Benson relaxation therapy is carried out. **Results:** hypertension treatment with Benson relaxation therapy given for 5 consecutive days with 1 time a day before bed for 5 minutes. Benson relaxation therapy can affect the patient's blood pressure so that there are changes in the patient's blood pressure. **Conclusion:** Benson relaxation therapy can reduce the blood pressure of people with hypertension.

**Keywords:** Blood Pressure, Benson Relaxation Therapy, Hypertension