

***APPLICATION OF PROGRESSIVE MUSCLE RELAXATION
THERAPY TO REDUCE BLOOD PRESSURE IN
HYPERTENSION PATIENTS IN JOYOTAKAN
VILLAGE***

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ABSTRACT

Background: Hypertension is one of the symptoms of degenerative disease cardiovascular disease is most often experienced by the elderly. Relaxation Exercises Progressive Muscle is an effective way to reduce weight blood pressure in hypertensive sufferers because it increases blood flow and oxygen supply to active skeletal muscles, especially to cardiac muscle. ***Objective:*** The aim of this research is to determine the influence Progressive muscle relaxation exercises on blood pressure in hypertensive sufferers in Joyotakan village ***Method:*** The implementation was carried out using the one group pretest-posttest design method for 2 elderly respondents who had hypertension in Joyotakan Village RT:06 / RW:V Serengan District, Surakarta City, 2 times a day for 3 days. ***Results:*** Based on the results of the implementation that has been carried out, there is a reduction in blood pressure in patients hypertension in Joyotakan village RT:06 / RW:V after implementation progressive muscle relaxation therapy. ***Conclusion:*** Based on the results of the implementation that has been carried out, blood pressure decreased in two respondents who experienced hypertension in Joyotakan village RT:06 / RW:V Serengan, Surakarta.

Keywords: Elderly, Hypertension, Progressive muscle relaxation