

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION THERAPY  
ON BLOOD PRESSURE IN HYPERTENSION PATIENTS AT RT 02 RW 09  
PETORAN JEBRES SURAKARTA**

**Christina Eka Marianita**

Nursing profession, Faculty of Health Sciences  
'Aisyiyah University, Surakarta

Email:

[christinaekamarianita.students@aiska-  
university.ac.id](mailto:christinaekamarianita.students@aiska-university.ac.id)

**ABSTRACT**

**Background:** Hypertension is a condition where a person's blood pressure increases beyond normal limits, this can cause an increase in mortality and morbidity. One way to control hypertension is through progressive muscle relaxation. The technique used involves tensing a group of muscles and then relaxing them. The effect of progressive muscle relaxation can lower blood pressure, improve physical work and provide a comfortable effect. Data (WHO) 2020 shows that the prevalence of hypertension in developing countries reached 65.74% / reaching 65 million people. The prevalence of hypertension in 2023 at the Ngoresan Community Health Center for those aged  $\geq 15$  years in the Ngoresan subdistrict is 1339 cases. **Purpose:** to help lower blood pressure in hypertensive patients. **Method:** descriptive with 2 respondents who have hypertension, implementation using progressive muscle relaxation. **Results:** The blood pressure of both respondents before progressive muscle relaxation was included in the moderate hypertension category. Blood pressure after progressive muscle relaxation in both respondents included mild hypertension. **Conclusion:** there were differences in blood pressure before and after progressive muscle relaxation in the two respondents.

**Keywords:** Hypertension, Progressive Muscle Relaxation