

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION THERAPY
ON BLOOD PRESSURE IN PATIENTS HYPERTENSION IN DESA
PETORAN RT 03/RW 09 JEBRES SURAKARTA**

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ABSTRACT

Background : Hypertension is a condition where blood pressure is low blood vessels chronically increase. Hypertension is a condition where a person has a systolic blood pressure of more than 140 mmHg and a diastolic blood pressure of more than 90 mmHg, with repeated examinations. Number deaths caused by non-communicable diseases reached 41 million soul every year. One of the non-pharmacological treatments for hypertension is progressive muscle relaxation therapy. Progressive muscle relaxation can be an effective method in lowering blood pressure in people with hypertension. Progressive muscle relaxation works by reducing sympathetic nerve activity and increasing sympathetic nerve activity resulting in vasodilation of the arteriolar diameter. **Objective :** To determine the application of progressive muscle relaxation therapy to blood pressure in hypertension sufferers in Petoran Village Rt 03/Rw.09, Jebres, Surakarta. **Method :** This research is descriptive research using quantitative methods. **Results:** The results of blood pressure examination after applying progressive muscle relaxation therapy to Mr. M were 150/85 mmHg (grade 1) and to Mrs. S 140/70 mmHg (degree 1). **Conclusion :** There were changes in blood pressure before and after progressive muscle relaxation therapy was given to Mr. M and Mrs.S.

Keywords: Elderly, Progressive Muscle Relaxation, Blood Pressure