

***PROGRESSIVE MUSCLE RELAXATION IN THE FACE OF LOWERING  
BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE  
REGIONAL PUBLIC HOSPITAL dr. SOEDIRAN MANGUN  
SUMARSO WONOGIRI***

**Siti Windari, Sumardi, Fida' Husain**

*Profesi Ners, Faculty of Health Sciences  
Universitas 'Aisyiyah Surakarta*

*Email: [sitiwindari.students@aiska-university.ac.id](mailto:sitiwindari.students@aiska-university.ac.id)*

**ABSTRACT**

***Background:*** Hypertension is a cardiovascular disease in which the patient has blood pressure above normal. The results of observation in the Lotus Room of dr. Soediran Mangun Sumarso Wonogiri Hospital on April 15-May 18, 2024 showed that there were 21 cases of hypertension. This can trigger the appearance of stroke, coronary heart disease and death, some of the non-pharmacological therapies that can be given are progressive muscle relaxation, autogenic relaxation therapy, relaxation with rose water. ***Objective:*** To find out the results of the implementation of the application of progressive muscle relaxation to reduce blood pressure in hypertensive patients in the Lotus Room of Regional Public Hospital dr. Soediran Mangun Sumarso Wonogiri. ***Methods:*** The research used was a descriptive research with a pre-test and post test case study method conducted on two hypertension respondents with a study, data collection, and application for 3 days in the morning and evening with a time of 10-15 minutes. ***Results:*** Blood pressure observation results in both respondents after progressive muscle relaxation on day 1 to day 3 where both patients experienced a decrease in blood pressure. ***Conclusion:*** Progressive muscle relaxation can lower blood pressure in hypertensive patients.

*Keywords: blood pressure, hypertension, progressive muscle relaxation*