

ABSTRAK

Application of Benson Relaxation Technique Against Blood Pressure Drop on Hypertension Patients In Gandekan Jebres Surakarta

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ABSTRAK

Background : Hypertension causes menin risk menin against stroke, heart failure, heart attack and kidney damage. Because there are no signs and symptoms, hypertension is often dubbed as the the silent disease that comes silently. Non pharmacology treatment of benson relaxation is an alternative therapy that can be used to reduce hypertension. **Objectiv :** Describing the implementation results of the application of benson relaxation to the decrease in blood pressure in Ny. S in Gandekan RT 05 Rw 01 Gandekan jebres Surakarta. **Method :** Research used case study research with descriptive research design. **Results :** Research is done by interview and observation method. Research was conducted 5 times week with 5 minutes of each application on 1 june 2017 to 5 June 2017 in Gandekan Jebres Surakarta. Blood pressure measurements were performed before and after the application of benson relaksasi. After the application of relaxation benson blood presure Ny. S decreased systolic blood presure and diastolic blood presure at 30 mmHg. **Conclusion :** There is an influence of the application of benson relaxation to decreased systolic blood pressure and diastolic blood pressure.