

Application Of Classical Music Therapy To Decrease Blood Pressure In Hypertension Patients In Jebres Surakarta

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ABSTRAK

Background: Hypertension is a condition in which a person's blood pressure is more than 140/90 mmHg. Hypertension can lead to risk of stroke, heart failure, and kidney failure. Music has the power to affect the heart rate and blood pressure according to the frequency, tempo, and volume, the slower the musical tempo, the slower the heart rate and decreased blood pressure. Finally, the listener is carried away in a relaxed atmosphere, be it on the mind as well as on the body. **Purpose:** the application of classical music therapy to the decrease in blood pressure in hypertensive patients. **Methods:** The type of research used Descriptive methodology with case study types that describe the systematic and accurate facts and characteristics of blood pressure with respondents who have hypertension at Gandekan Jebres Surakarta Village. **Results:** The results showed a difference in blood pressure before and after classical music therapy with an average decrease in systolic pressure of 10 mmHg and diastolic 8 mmHg for 7 sessions. **Advice:** classical music therapy can be done to lower blood pressure as a non-pharmacological therapy.

Keywords: Music Therapy, Hypertension

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