

***THE IMPLEMENTATION OF DZIKIR RELAXATION TECHNIQUE TO  
BLOOD PRESSURE DECHLINE TO Ny. S WITH HYPERTENSION IN RW V  
JAJAR LAWETAN SURAKARTA***

Aris Kurniawan (2017)

Nursing Program Diploma III Keperawatan STIKES 'Aiyiyah Surakarta

Counselor 1 Mulyaningsih, S.Kep. Ns. M.Kep

Counselor 2 Endah SW, S. Kep. Ns. M. Kep

**ABSTRACT**

Background in this research is dzikir relaxation technique to lower blood pressure in hypertension patient. Complications are often experienced by people with hypertension is like a stroke, myocardial infarction, seizures and kidney failure. In this case the authors apply nonfarmakologik therapy techniques that are dzikir relaxation techniques to lower blood pressure. The purpose of this study is to determine the effectiveness of dzikir relaxation techniques to decrease blood pressure in hypertensive patients in Jajar Village, Laweyan Sub-District, Surakarta City. This study uses descriptive method that describes the systematic and accurate facts and characteristics about a particular population or field. In practice, the authors apply only the dzikir relaxation technique 4 times in 2 weeks and no more than 2 days in a row do not do dhikr therapy. To achieve a more significant increase, it can be applied for longer periods of time and provide more regular dzikir therapy. In this study the authors use dhikr therapy techniques to lower blood pressure. There was a decrease in blood pressure. Provision of dhikr therapy proven effective for lowering blood pressure in hypertensive patients

**Keywords :** *Dzikir, Hypertension.*

