

EFFORT TO LOWER BLOOD PRESSURE IN ELDERLY HYPERTENSIVE PATENTS THROUGH PROGRESSIVE MUSCLE RELAXATION VIA VIDEO MEDIA

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SUMMARY

Background; In 2024 the WHO stated that the age above 50 years nearly 49% or 1 in 2 suffer from hypertension, with the prevalence in men and women being almost the same. In Indonesia, the history of chronic diseases among the elderly in 2022 showed that hypertension ranked first with a percentage of 38%. Hypertension is greatly influenced by age because as people get older, blood pressure increases due to the narrowing of blood vessel lumens and the stiffening of blood vessel walls. Hypertension in the elderly, if not promptly addressed, can lead to complications such as heart failure and hypertrophy. Progressive muscle relaxation can be used as a non-pharmacological therapy. ***Objective:*** To create communication, education, and information media to enhance the knowledge of elderly hypertensive patients about progressive muscle relaxation in the form of audiovisuals presented with movements, text, and sound. ***Method;*** The preparation of a video that describes progressive muscle relaxation. ***Results;*** Audiovisual media titled "Effective Ways to Manage Hypertension in the Elderly with Progressive Muscle Relaxation" featuring movements and information about progressive muscle relaxation. ***Conclusion;*** The audiovisual media titled "Effective Ways to Manage Hypertension in the Elderly with Progressive Muscle Relaxation" can be used as an educational and informational medium to enhance knowledge of progressive muscle relaxation in elderly individuals with hypertension.

Keywords: Elderly, hypertension, progressive muscle relaxation