

APPLICATION OF PROGRESSIVE MUSCLE RELAXATION ON BLOOD PRESSURE OF ELDERLY HYPERTENSION

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ABSTRACT

Background: Older adults are prone to hypertension due to the aging process, which reduces cardiovascular function. Cases of hypertension in Gambirsari Community Health Center continue to increase despite the provision of treatment and routine check-ups. Because long-term use of medication carries the risk of side effects, non-pharmacological therapies such as progressive muscle relaxation are needed as an effective alternative to lower blood pressure through muscle relaxation and reduction of sympathetic nerve activity. **Objective:** To determine the results of implementing progressive muscle relaxation techniques on blood pressure in elderly individuals with hypertension. **Methods:** The method used in this study was a descriptive approach with a case study design, involving observations of two participants. The intervention was conducted twice daily, in the morning and evening, for three consecutive days. **Results:** Based on the study findings, a decrease in blood pressure was observed in both participants in Mrs. L which was previously 161/97 mmHg decreased to 141/83 mmHg and Mrs. N which was previously 161/82 mmHg decreased to 135/76 mmHg. **Conclusion:** Progressive muscle relaxation techniques can be used as a non-pharmacological technique to lower blood pressure in patients with hypertension.

Keywords: Hypertension, Blood Pressure, Progressive Muscle Relaxation Technique