

## ABSTRACT

### Application of progressive muscle relaxation Technique Against Blood Pressure Drop on Hypertension Patients In Jajar RW 05 LaweyanSurakarta

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**Background :** Hypertension causes risk against stroke, heart failure, heart attack and kidney damage. Because there are no signs and symptoms, Non pharmacology treatment of progressive is an alternative therapy that can be used to reduce hypertension. **Objectiv :** Describing the implementation results of the application of to the decrease in blood pressure in Ny. S in Jajar RT 05 Rw 05 laweyan Surakarta. **Method :** Research used case study research with descriptive research design. **Results :**Research was conducted 5 day with 50-60 minutes of each application on 13 june 2017 to 17 June 2017 in Jajar RW 05 Laweyan Surakarta. Blood pressure measurements were performed before and after the application of *progressive muscle relaxation*,. After the application of *progressive muscle relaxation*,blood presure Ny. S decreased systolic blood presure and diastolic blood presure at 6 mmHg. **Conclusion :** There is an influence of the application of *progressive muscle relaxation* to decreased systolic blood pressure and diastolic blood pressure.

**Keywords :** *Hypertension, Blood Presure, progressive muscle relaxation,*