

APPLICATION OF BENSON RELAXATION TECHNIQUE ON SLEEP QUALITY IN ELDERLY WITH HYPERTENSION

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ABSTRACT

Background: Hypertension is the most common problem among people. Hypertension is a problem that often occurs in the elderly. Elderly people with hypertension are often accompanied by impaired sleep quality. Poor sleep quality can increase blood pressure, otherwise hypertension can reduce sleep quality. Appropriate and safe non-pharmacological efforts are needed to improve poor sleep quality in the elderly, namely with benson relaxation techniques. ***Purpose:*** The purpose of this study was to describe the results of sleep quality before and after the application of benson relaxation techniques. ***Methods:*** This research uses a case study of 2 respondents conducted for 7 days in 7 meetings with a duration of 15 minutes. ***Results:*** The application of Benson's relaxation technique resulted in a sleep quality score of 17 for Mrs. Y and 18 for Mrs. S before the intervention. After the intervention, the score for Mrs. Y was 3 and for Mrs. S was 3. ***Conclusion:*** The results of the study can be concluded that there is an improvement in sleep quality in elderly hypertension.

Keywords: elderly, hypertension, sleep_pattern_disorders, benson_relaxation