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<b>APPLICATION OF COMBINATION OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUES AND DEEP BREATHING RELAXATION ON BLOOD PRESSURE DROP IN ELDERLY Ny. B WITH HYPERTENSION IN THE VILLAGE NGASEM SIDOREJO COLOMADU KARANGANYAR</b>	
<b>ABSTRACT</b>	
<p><b>BACKGROUND</b> :Hypertension is a common problem faced by health workers in hospitals or communities. The combination of progressive muscle relaxation techniques and deep breathing relaxation is a relaxation therapy that combines deep breathing relaxation by muscle relaxation and relaxation.</p> <p><b>RESEARCH OBJECTIVES</b>: To determine the effect of combination of progressive muscle relaxation on blood pressure decrease in elderly patients with hypertension.</p> <p><b>RESEARCH METHOD</b>:Design research used with descriptive design that describes the systematic and accurate facts and characteristics about a particular population or field.</p> <p><b>RESULTS</b>: The results of decreased systolic blood pressure 10 mmHg and diastolic 8 mmHg on 09-14 June 2017.</p> <p><b>CONCLUSIONS</b> : These data suggest that a combination of progressive muscle relaxation can lower blood pressure and is suggested to be applicable in people with hypertension.</p>	
<b>KEYWORDS</b> : Hypertension, Blood Pressure, Combination of Progressive Muscle Relaxation Technique and Deep Breath Relaxation	