

**APPLICATION OF GUIDED IMAGERY THERAPY  
IN HYPERTENSION PATIENTS  
AT RSUD KARTINI KARANGANYAR**

Dinda Rahmawanti<sup>1</sup>, Mulyaningsih<sup>2</sup>, Dewi Listyorini<sup>3</sup>  
[dindarahmawanti12@gmail.com](mailto:dindarahmawanti12@gmail.com)  
Universitas 'Aisyiyah Surakarta

**ABSTRACT**

**Background;** Guided imagery therapy is a technique that utilizes an individual's imagination with the specific aim of achieving control and relaxation. Relaxation can have a direct effect on bodily functions. The effects of relaxation can reduce muscle tension, improve concentration, lower respiratory and pulse rates, and decrease blood pressure. **Objective;** To determine the outcome of applying guided imagery therapy in lowering blood pressure among hypertension patients at RSUD Kartini Karanganyar. **Research Method;** The therapy was applied using a descriptive case study method involving 2 respondents with hypertension at RSUD Kartini Karanganyar, who experienced high blood pressure for one day. The therapy was conducted once a day for 20 minutes. **Results;** After one session of guided imagery therapy during the day with a duration of 20 minutes, the blood pressure of both respondents decreased. **Conclusion;** Guided imagery therapy has been proven to help lower blood pressure in patients with hypertension and can be recommended as a management strategy to reduce blood pressure both in hospital settings and in the community.

**Keywords;** Guided Imagery, Hypertension, Blood Pressure