

***APPLICATION OF PROGRESSIVE MUSCLE RELAXATION THERAPY ON  
BLOOD PRESSURE IN ELDERLY HYPERTENSION AT  
KARTINI KARANGANYAR REGIONAL HOSPITAL***

Afifah Nur Khasanah, Ida Nur Imamah, Sugito

[Afifahnk94@gmail.com](mailto:Afifahnk94@gmail.com)

Universitas `Aisyiyah Surakarta

***ABSTRACT***

***Background;*** *The prevalence rate of hypertension in the elderly with an age range of 60-64 years is known to be 45.9%, 65-74 years old is 57.6%, and age > 75 years is 63.8%. The results of a preliminary study showed that there were hypertensive patients treated every month in the Cempaka Room of Kartini Karanganyar Hospital, the total number of patients for the last 2 months was 37 patients and the majority were elderly.*  
***The objectives of research;*** *To determine the results of the implementation of progressive muscle relaxation therapy on reducing blood pressure in elderly hypertensive patients at Karanganyar Hospital.*  
***Method;*** *The application used was a case study with a pre and post intervention measurement method.*  
***Results;*** *Results Blood pressure before and after being given the application of the progressive muscle relaxation technique which was carried out for 3 days 2 times a day at 06.00 WIB and 14.00 WIB in each session for 20-30 minutes in both respondents, namely decreased.*  
***Summary;*** *The application of the Progressive Muscle Relaxation Technique can reduce blood pressure in elderly hypertensive patients.*

***Keywords:*** *Elderly, Hypertension, Progressive Muscle Relaxation*