

***THE EFFECT OF GUIDED IMAGERY AND AUTOGENIC  
THERAPY ON HYPERTENSIVE PATIENTS AT RSUD DR  
SOEDIRAN MANGUN SUMARSO WONOGIRI***

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***ABSTRACT***

***Background:*** Hypertension according to WHO is a disease that causes disability and death worldwide. Complications of high blood pressure, if left untreated, affect the cardiovascular, nervous, and renal systems. Non-pharmacological techniques that can reduce blood pressure in hypertension are guided imagery and autogenic therapy. ***Objective:*** To determine the effect of guide imagery and autogenic therapy on pain in hypertensive patients in the emergency room of Dr. Soediran Mangun Sumarso Hospital, Wonogiri Regency. ***Methods:*** The method used in this application is descriptive method using case study design. ***Results:*** There is a decrease in blood pressure in hypertensive patients before and after being given the application of guide imagery and autogenic therapy. ***Conclusion:*** Guide imagery and autogenic therapy can be used as one of the non-pharmacological techniques to reduce blood pressure in people with hypertension.

***Keywords:*** Guide Imagery, Hypertension, Autogenic Therapy