

**APPLICATION OF BENSON RELAXATION TOWARDS REDUCING
BLOOD PRESSURE IN ELDERLY PARENTS WITH HYPERTENSION
IN JOYOTAKAN VILLAGE, SERENGAN DISTRICT,
SURAKARTA CITY**

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ABSTRACT

Background: *Elderly is the final stage of the aging process, one of which is elderly who experience hypertension. Hypertension occurs when blood pressure in the arterial blood vessels increases continuously with systolic above 140 mmHg and diastolic above 90 mmHg. Management of hypertension to control blood pressure is grouped into two, including pharmacological therapy and non-pharmacological therapy with Benson relaxation.***Objective:** *To find out the results of the application of Benson relaxation on reducing blood pressure in the elderly with hypertension in Joyotakan Village, Serengan District, Surakarta City.***Method:** *The research method used in writing this scientific paper is descriptive research using a case study research design.***Results:** *There was a decrease in blood pressure in both respondents after Benson relaxation.***Conclusion:** *The difference in the development of blood pressure reduction in both respondents before and after the application of Benson relaxation can be used as a non-pharmacological technique to lower blood pressure.*

Keywords: *Benson Relaxation, Hypertension, Elderly*