

## ABSTRACT

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**THE EFFECT OF GIVING BENSON RELAXATION TECHNIQUE TO  
BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION  
IN PANTI WREDHA DHARMA BHAKTI  
SURAKARTA**

### ABSTRACT

**Background:** The number of elderly population in the world reached 9.77 percent of the total population in 2010 and the percentage of the elderly population in Indonesia in 2020 is estimated at 11.34. Problems that are often experienced by the elderly include physical and economic dependence, chronic diseases (44% atrithis, 39% hypertension, 28% deafness and 27% heart disease), loneliness and boredom. The use of non-pharmalogical and pharmacological therapies can be used in the treatment of hypertension. Benson relaxation is one of the non-pharmacological therapies that involve individual beliefs by reciting the sentence of belief repeatedly so that it will give a sense of relaxation. **Objective:** To determine the effect of giving benson relaxation techniques to blood pressure in elderly people with hypertension in Bhakti Surakarta Dharma Nursing Home. **Method:** This study used experimental quasy with the pretest-posttest approach with control group design. Sampling uses non probability sampling with the quota sampling method, with the number of research samples 30 respondents divided into 2 groups namely the intervention group and the control group. The research instrument used digital tension (microlife). Benson relaxation is done in 3 consecutive days for 20 minutes. Bivariate analysis using the Wilcoxon Signed Ranks Test and Mann Withney Test. **Results:** The results showed that blood pressure before and after benson relaxation in the intervention group showed pvalue of 0,000 and blood pressure before and after progressive muscle relaxation in the control group showed a value of 0.008, besides blood pressure differences after benson relaxation and relaxation Progressive muscle shows a value of 0.020 p value. **Conclusion:** There is an effect of benson relaxation on blood pressure in elderly people with hypertension in the Dharma Bhakti Surakarta Nursing Home, besides that Benson relaxation is also more effective against blood pressure compared to progressive muscle relaxation.

**Keywords:** elderly, hypertension, benson relaxation.