

ABSTRACT

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THE APPLICATION OF CLASSICAL MUSIC THERAPY TO BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE WORKING AREA OF KRATONAN HEALTH PUBLIC CENTER

ABSTRACT

Background ; Hypertension becomes a silent killer and is a major factor in coronary heart disease, kidney failure, stroke. The prevalence of hypertension in Surakarta is 63,001 people. Handling of hypertension can be done with non pharmacology one of the classical music therapy. Music can provide stimulation to the sympathetic and parasympathetic nerves to produce a relaxed response, through a stable musical rhythm that gives a regular rhythm to the working system of the human heart so that it can lower blood pressure. **Objective ;** Describes the results of classical music therapy implementation on blood pressure in hypertensive patients in the working area of Kratonan clinics. **Method ;** Descriptive research, instrument using Sphygmomanometer, stethoscope, observation sheet. **Results;** Show blood pressure before classical music therapy Mrs. I 150/100 mmHg and Mrs. S 140/100 mmHg while blood pressure after classical music therapy on Mrs. I 130/80 mmHg and Mrs. S 120/80 mmHg. Differences in blood pressure development before and after classical music therapy on Mrs. I and Mrs. S there was a systolic decrease of 20 mmHg and diastolic 20 mmHg. **Conclusion;** There was a decrease in blood pressure before and after classical music therapy in hypertensive patients in the working area of Kratonan Health Public Center. **Suggestion ;** The result of this study can be input as non pharmacology therapy to lower blood pressure

Keywords: Classical Music Therapy, Hypertension