

ABSTRACT

Putri Susanti

Consellor :

B2015090

Kanthi Suratih S.Kep.,Ns.,M.Kes

Nursing Diploma Study Program

Ida Nur Imamah. S.Kep.,Ns.,M.Kes

APPLICATION OF PROGRESSIVE MUSCLE RELAXATION FOR DECREASING BLOOD PRESSURE IN ELDERLY HYPERTENSION

ABSTRACT

Background : *The elderly is a period which is marked with the cells in the body having undergone to the cuisine in function and size. Hypertension is a high blood pressure that is abnormal, in general people are considered to have hypertension if blood pressure more. The progressive muscle relaxation technique is to focus on a muscle activity, by identifying the tense muscles and then decreasing the stress by performing relaxation techniques to get relaxed.*

Purpose : *This application aims to determine the differences between blood pressure before and after progressive muscle relaxation in elderly hypertension*

Method : *The application design used a case study design with descriptive application design conducted with two respondents.*

Result : *Measurement of systolic and diastolic blood pressure before progressive muscle relaxation was obtained the result on Ny S including stage II and on Ny A including stage I, while the result of systolic and diastolic blood pressure after relaxation progressive muscle obtained results on Ny S including stage I and at Ny A including normal height.*

Conclusion : *There is a decrease in blood pressure before and after progressive muscle relaxation used*

Keyword : *Elderly, Hypertension, Progressive Muscle Relaxation*