

**APLICATION OF RELAKXATION OF AUTOGENIC WITH THE
REMEMBRANCE METHOD ON THE BLOOD PRESSUREIN THE
ELDERLY WITH HYPERTENSION IN THE VILLAGE OF
KARANGJENJEM, THE BAKALAN IN SUKOHARJO**

Anggi Nova Noviyanti

2019

angginova76@gmail.com

Diploma Keperawatan

STIKES' Aisyiyah Surakarta

ABSTRACT

Background: Hypertension often occurs in the elderly, because the elderly experience changes in the heard such as cardiac muscle strength and reduced blood vassel elasticity that causes the heard to work harder. Hypertension in elderly if not treated properly will cause various complication. It's relaxation, which comes from yourself in the form of words / short sentences that make up your mind at ease and will be able to lower hypertension. **Objective:** describe the results of the implementasion of autogenic relaxation in the elderly with hypertension. **Method:** The research desain used in this study is a case study desain with descriptive research desain conducted with 2 respondents who will be measured blood pressure before and after done autogenic relaxasion. **Result:** there is decrease in blood pressure after by an autogenic relaxation for 10 minuts by five consecutive days. **Conclusion:** autogenic relaxation is able to lower blood pressure in elderly people with hypertension with average systolic blood pressure drop Tn. S is 25 mmHg and diastolic blood pressure 10 mmHg. Ny. N is 20 mmHg and diastolic blood pressure 10 mmHg.

Keywords: Elderty, Hypertension, Autogenic Relaxation