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**PROGRESSIVE MUSCLE RELAXATION METHODS AS AN  
EFFORT TO REDUCE BLOOD PRESSURE IN PATIENTS  
HYPERTENSION**

**ESSENCE**

**Background** : . Hypertension is a condition in which a person has increased blood pressure above normal for a long time. Treatment to lower blood pressure that does not cause side effects is non-pharmacological in the form of progressive muscle relaxation techniques. Information about lowering blood pressure with progressive muscle relaxation can be packaged through the media booklet. Booklet is a communication medium used to convey health messages in the form of a book containing writing or pictures in detail and clearly so that it is easy to understand. In addition, booklets are easier to use and easy to read in various situations. **Objective**: Increase insight or knowledge about reducing hypertension with progressive muscle relaxation so that people can apply it independently and make it easier for people to understand the material, because the booklet is packaged clearly and attractively. **Conclusion**: This progressive muscle relaxation booklet to reduce hypertension was created to increase knowledge about reducing hypertension as a non-pharmacological therapy that can be done independently.

**Keywords**: Hypertension, Progressive muscle relaxation, Decreasing blood pressure, *Booklet*.