

HYPERTENSION MANAGEMENT USING PROGRESSIVE MUSCLE RELAXATION METHODS AND BENSON RELAXATION

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SUMMARY

Background: Patients with hypertension experience an increase because they do not pay attention to their lifestyle, with progressive muscle relaxation and benson relaxation can be done to help reduce high blood pressure. **Objective:** To increase public knowledge about hypertension treatment with progressive muscle relaxation and benson relaxation. **Methods:** Using an output entitled "treatment of hypertension with progressive muscle relaxation and benson relaxation methods". **Conclusion:** the pocket book is 28 pages, contains the definition of hypertension, classification, signs and symptoms, complications, progressive muscle relaxation and relaxation of the Benson with the presence of a pocket book, it is hoped that hypertensive elderly can overcome hypertension, given pictures in the form of relaxation steps that can be used. understood hypertensive elderly. **Key words:** *treatment, hypertension, how to treat hypertension*