

BENSON RELAXATION THERAPY TO REDUCE BLOOD PRESSURE ON HYPERTENSION PATIENTS

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ESSENCE

High blood pressure or hypertension means high pressure inside the arteries. Normal pressure is below 120/80 mmHg, blood pressure between 120/80 mmHg and 139/89 mmHg is called “pre-hypertension” (pre-hypertension) and a blood pressure of 140/90 mmHg or above is considered high (Irianto, 2015). The percentage of hypertension in Surakarta is 10.41 percent. Based on the Health Profile of the City of Surakarta in 2018, there were 67,827 cases of hypertension. Hypertension or high blood pressure can be treated with pharmacological and non-pharmacological treatments. One of the non-pharmacological therapies in reducing blood pressure is the Benson relaxation technique. Benson relaxation is a relaxation that involves effective deep breathing techniques and words or expressions that a person believes can reduce the burden that is felt or can improve health. Therapy is carried out for 10 minutes. Then the blood pressure was measured using a tensimeter. Do this therapy twice a day for 14 days. One of the media that can be used in providing information is a booklet. Booklets can be used with the aim of increasing knowledge, because they provide specific information. It can be concluded that the booklet media can provide information to increase knowledge about Benson Relaxation to Lower Blood Pressure.

Keywords: Hypertension, Benson Relaxation, Booklets.