

**APPLICATION OF HYDROTHERAPY AND BENSON RELAXATION
(HYDROSONE) ON PRESSURE REDUCTION BLOOD
AND PULSE OF HYPERTENSION PATIENTS
IN SRAGEN WETAN VILLAGE**

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SUMMARY

Background: Data from year to year of hypertension sufferers is increasing. Hypertension is a major cause of heart failure, stroke, and kidney failure. Hypertension is even called the silent killer. Hypertension cannot be underestimated because death is the worst risk if this disease is not treated immediately, therefore it must be treated immediately. Types of relaxation that can lower blood pressure and pulse are Benson relaxation (mind-body therapies) and hydrotherapy (biologically-based). **Purpose:** Find out changes in blood pressure and pulse resulting from the implementation of Benson relaxation therapy and hydrotherapy in hypertension sufferers in Sragen Wetan Village. **Methods:** This study used a descriptive design on 2 female respondents aged 46-55 years which was conducted from 23-25 June 2022 in Widoro Hamlet RT 37 RW 11, Sragen Wetan Village with each respondent being given an intervention for 3 consecutive days. **Results:** The blood pressure before the application was grade 2 hypertension and after the application was grade 1 hypertension, while the pulse before the application included tachycardia and the pulse after the application was normal. **Conclusion:** The application of hydrotherapy and benzene relaxation (hydroson) can reduce blood pressure and pulse in hypertension sufferers in Sragen Wetan Village.

Keywords: Hypertension, Blood Pressure, Pulse, Hydrotherapy, Benson Relaxation