

**APPLICATION OF PROGRESSIVE RELAXATION TECHNIQUES TO ANXIETY LEVELS
IN HYPERTENSION PATIENTS
IN JEPORO VILLAGE, JATIPURNO DISTRICT,
WONOGIRI REGENCY**

Rahma Nur Solikah, Eska Dwi Prajayanti
nursolikahrahma123@gmail.com
Diploma III Nursing Study Program
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Hypertension is a medical condition characterized a constant increase in blood pressure. High levels of anxiety can affect blood pressure and worsen hypertensive conditions. According to the World Health Organization (WHO) in 2019 estimated were 1.13 billion people with hypertension worl, while the anxiety rate according to WHO occurred as much as 42% in 2020. Therefore, it is important to manage anxiety in hypertensive patients to improve health. Therefore, there is a need for progressive relaxation therapy that can help reduce anxiety levels in hypertensive patients. This therapy can be effective alternative treatment for hypertensive patients. **Purpose:** Knowing the effect of progressive relaxation techniques on reducing anxiety levels in hypertensive patients. **Method:** This application uses the case study method by observing the level of anxiety in both respondents. **Result:** After application for 2 times a day in 1 consecutive week showed a decrease in anxiety levels in hypertensive patients in Mrs. S from a score of 24 (moderate anxiety) down to 20 (mild anxiety). While in Mrs. T from a score of 22 (moderate anxiety) dropped to 18 (mild anxiety). **Conclusion:** There was a decrease in anxiety levels in hypertensive patients after progressive relaxation therapy.

Keywords: anxiety, hypertension, progressive relaxation