

***EFFORTS TO LOWER BLOOD PRESSURE IN HYPERTENSION
SATISFACTIONS USING BENSON'S RELAXATION TECHNIQUE
THROUGH POCKET BOOK MEDIA***

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SUMMARY

Background: *hypertension is an abnormal increase in blood pressure, both diastolic pressure and systolic pressure. Based on data from the World Health Organization (WHO), there has been an increase in the number of people with hypertension, namely as many as 600 million people with hypertension worldwide and 3 million of them die each year. Results of Basic Health Research (Riskesmas) in 2018 in Indonesia the prevalence of blood pressure measurement results in people with hypertension increased from 25.8% to 34.1%. The Central Java Provincial Health Office (2019) explained that hypertension ranks first in the proportion of PTM (Non-Communicable Diseases) with a percentage of 64.83% of the 1,593,931 cases reported. Treatment of hypertension was previously carried out with pharmacological therapy, namely by taking anti-hypertensive drugs. However, this treatment causes side effects, so that people with hypertension choose non-pharmacological treatment in controlling blood pressure to reduce these side effects.* **Method:** *media pocket book entitled "Let's Lower Blood Pressure with the Benson Relaxation Technique" was chosen as a media for health education for the public about the Benson relaxation technique for hypertension sufferers.* **Results:** *the resulting project is in the form of a pocket book media which contains Benson relaxation techniques as a non-pharmacological technique for people with hypertension.* **Conclusion:** *the media book entitled "Let's Lower Blood Pressure with the Benson Relaxation Technique" was created to provide education and health promotion on how to reduce hypertension in the community which can be done with the Benson relaxation technique.*

Keywords: *Pocket Book, Hypertension, Benson's Relaxation Technique*