

APPLICATION OF AUTOGENIC RELAXATION TECHNIQUES TO HEAD PAIN DETERMINATION IN ELDERLY PATIENTS WITH HYPERTENSION

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ABSTRACT

Background: Hypertension or high blood pressure is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg in two measurements with an interval of five minutes in a state of sufficient rest/calm. Autogenic relaxation helps individuals to be able to control several body functions such as blood pressure, heart rate, and blood flow. **Objective:** To find out the results of implementing autogenic relaxation techniques to reduce headaches in elderly people with hypertension. **Method:** Descriptive method with a case study approach and using a process approach to nursing. Do autogenic therapy approximately 6 times with a time of about 15-20 minutes for 7 days. **Results:** The effect of autogenic therapy on headaches in elderly people with hypertension. Pain scale 0 on the 7th day after intervention the two patients were in the no pain category

Conclusion: There is a significant difference in reducing headache in the elderly with hypertension before and after being given autogenic therapy.

Keywords: Headache, Hypertension, Autogenic, Elderly