

**APPLICATION OF PROGRESSIVE REMINISCENCE AND MUSCLE
RELAXATION THERAPY REDUCES DEPRESSION IN THE ELDERLY
WITH HYPERTENSION IN WONOGIRI HOSPITAL**

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Abstract

Background : Hypertension is a chronic disease with a very high prevalence rate in the elderly. Hypertension is often accompanied by somatic symptoms, low quality of life and impaired roles. In addition, hypertension is prone to psychosocial problems, one of which is depression. The prevalence of elderly aged 55-64 who experience depression is 15.9%, elderly aged 65-74 is 23.2%, and elderly aged over 75 is 33.7%. In Indonesia, the prevalence of depression sufferers in 2021 is around 33.7 million people (11.8%). **The Objectives of the research**: Application of Reminiscence Therapy and Progressive Muscle Relaxation in Depressed Elderly with Hypertension at RSUD Dr. Soediran Mangun Sumarso, Wonogiri Regency. **Method** : true experimental pre-post test method. **Results**: The application of reminiscence therapy and progressive muscle relaxation to 2 respondents for 5x meetings showed that there was a significant reduction in the level of depression suffered by respondents after reminiscence therapy and progressive muscle relaxation, by means of a post-test at each meeting. **Summary** : there is a significant decrease in the level of depression suffered by respondents after reminiscence therapy and progressive muscle relaxation.

Keywords: depression, elderly, reminiscence therapy, progressive muscle relaxation