

IMPLEMENTATION OF BENSON RELAXATION THERAPY ON BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION IN JOYOTAKAN VILLAGE, SERENGAN DISTRICT, SURAKARTA CITY

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ABSTRACT

Background: One of the diseases experienced by the elderly is hypertension. Hypertension is a condition where systolic blood pressure increases to more than 140 mmHg and diastolic blood pressure to more than 90 mmHg. One relaxation technique that can lower blood pressure is Benson relaxation, this can help break the cycle of anxiety and relieve the symptoms that accompany it. **Objective:** The aim is to determine the results of implementation for the 2 respondents in providing Benson relaxation to elderly people suffering from hypertension. **Method:** Using descriptive methods with a case study design approach, determining respondents according to inclusion and exclusion criteria was carried out 5 times in 1 week. **Results:** Before applying Benson relaxation, he experienced hypertension, after administering Benson relaxation once every 5 days for a duration of 10-15 minutes. Blood pressure measurements were taken after resting for both respondents and both respondents experienced a decrease in blood pressure. **Conclusion:** There was a change in the blood pressure of both respondents after using Benson relaxation therapy several times

Keywords: *Benson relaxation*, Hypertension, Elderly