

**APPLICATION OF GUIDED IMAGERY THERAPY TO THE
EFFECTIVENESS OF REDUCING BLOOD PRESSURE IN
HIPERTENSION PATIENTS IN THE GLADIOL ROOM
OF RSUD Ir SOEKARNO SUKOHARJO REGENCY**

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ABSTRACT

Background: Hypertension is often referred to as the silent killer because it is considered one of the diseases that is often without complaints but is a risk factor for most cases of premature death related to heart disease and stroke in the world. Hypertension does not have typical signs and symptoms in the early stages, so many people do not realize it they usually know it when health or aggravated conditions arise. Prevalence of hypertension in Indonesia the National Indicator Survey in 2020 showed an increase in the prevalence of hypertension in the population aged 18 years and over by 32,4%. **Objective:** To determine the results of the Application of Guided Imagery Therapy on the Effectiveness of Decreasing Blood Pressure in hypertensive patients in the Gladiolus Room of Ir Soekarno Sukoharjo Regency Hospital. **Method:** Descriptive research using case studies, this application is carried out measuring blood pressure before and after being given Guided Imagery therapy for 3 days. **Results:** Mrs. S's blood pressure from 183/106 mmHg to 151/102 mmHg. Meanwhile, Mr. M's blood pressure M from 164/97 mmHg to 140/91 mmHg. **Conclusion:** there is a decrease in blood pressure from both respondents after Guided Imagery therapy.

Keywords: hypertension, blood pressure, guided imagery therapy