

**APPLICATION OF AUTOGENIC RELAXATION TO REDUCTION OF
BLOOD PRESSURE IN HYPERTENSION PATIENTS IN TERATAI
BANGAL RSUD dr. SOEDIRAN MANGUN
SUMARSO WONOGIRI**

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ABSTRACT

Background: Hypertension is one of the factors that is the main cause of death for stroke sufferers and is also a factor that can aggravate heart attacks. Non-pharmacological treatment usually includes exercise, improving diet and relaxing. Autogenic relaxation is relaxation that comes from oneself by using a word or sentence that calms a person's mind and is proven to be able to control several body functions such as blood pressure and blood flow. **Objective:** To determine the application of autogenic relaxation to reduce blood pressure in hypertension patients in the lotus ward at RSUD dr. Soediran Mangun Sumarso Wonogiri. **Method:** Autogenic relaxation with patients suffering from hypertension was carried out on 2 respondents for 3 days with a duration of 15-20 minutes and blood pressure was measured before and after application. **Results:** It was found that there was an effect of autogenic relaxation on reducing blood pressure in the blood pressure of respondents Mrs. W 215/109 to 177/96 and Mrs. N 173/100 to 158/92. **Conclusion:** Based on research that has been conducted, autogenic relaxation has been proven to be significant in reducing blood pressure in hypertension patients.

Keywords: Reducing Blood Pressure, Hypertension, Autogenic Relaxation

