

***APPLICATION OF PROGRESSIVE MUSCLE RELAXATION THERAPY ON
BLOOD PRESSURE IN HYPERTENSION PATIENTS IN JOYORAHARJAN
HALL RW 10, PURWODININGRATAN VILLAGE JEBRES DISTRICT,
SURAKARTA CITY***

Della Veronika¹, Mulyaningsih², Nur Haryani³

^{1,2} Aisyiyah University of Surakarta

³ RSUD Kartini Karanganyar

Dellaveronika2@gmail.com

ABSTRACT

Background: Hypertension is a silent killer that can cause serious complications. Progressive muscle relaxation therapy is one of the non-pharmacological interventions that is effective in lowering blood pressure without side effects.

Objective: To determine the effect of progressive muscle relaxation therapy on blood pressure in hypertension patients in RW 10, Purwodiningratan Village, Jebres District, Surakarta City. ***Method:*** Descriptive case study on two respondents. The intervention was carried out for 10–15 minutes, three times a week. Blood pressure was measured before and after the intervention. ***Results:*** The blood pressure of the first respondent decreased from 158/108 mmHg to 140/90 mmHg, the second respondent from 160/100 mmHg to 138/88 mmHg. ***Conclusion:*** Progressive muscle relaxation therapy is effective in lowering blood pressure and can be an alternative non-pharmacological management of hypertension.

Keywords: hypertension, blood pressure, progressive muscle relaxation