

## ABSTRACT

Linda Nur Aula

NIM C2015054

*Nursing Undergraduate Courses*

*Supervisor*

1. Dewi Kartika Sari, M.Kep

2. Dyah Rahmawatie R.B.U., M.Kep

### ***INFLUENCE OF AUTOGENIC RELAXATION TOWARDS BLOOD PRESSURE OF ELDERLY PEOPLE SUFFERING FROM HIGH BLOOD PRESSURE AT NURSING HOME OF DHARMA BHAKTI SURAKARTA***

#### **ABSTRACT**

**Introduction:** The aging process on the elderly would lead physiologically impaired cardiovascular system diseases, including hypertension. Hypertension experienced by the elderly in The Dharma Bhakti Wredha Surakarta has increased because during this handling hypertension most of pharmacological therapy is given. **Purpose:** To find out the influence of autogenic relaxation towards blood pressure of elderly people suffering from high blood pressure at Nursing Home of Dharma Bhakti Surakarta. **Method:** This study is quantitative research and it uses purposive sampling. There are 20 respondents for the samples in this study. Instruments of this study are observation sheet, digital sphygmomanometer and a headset. **Results:** Based on univariate analysis, in average systolic blood pressure of respondents before the test is 153,8 mHg and diastolic blood pressure of the respondents is 77,9 mmHg. After the test, it shows that systolic blood pressure of the respondents is 143,3 mmHg and diastolic blood pressure of the respondents is 73,0 mmHg in average. Meanwhile based on bivariate analysis using Paired sample t-test it shows that systolic blood pressure of the respondents is  $p = 0,000 < 0,05$  and the diastolic blood pressure of the respondents is  $p = 0,021 < 0,05$ . **Conclusion:** Based on the results of the study, it can be concluded that there are influences of autogenic relaxation towards blood pressure of elderly people suffering from high blood pressure at Nursing Home of Dharma Bhakti Surakarta.

**Keywords:** *Autogenic Relaxation, High Blood Pressure, Elderly People*