

## ABSTRACT

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<b>THE IMPLEMENTATION OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUES ON DECREASING HEAD PAIN IN PATIENTS WITH HYPERTENSION IN DUKUH NGLUNDU, DENGGUNGAN VILLAGE, BANYUDONO SUBDISTRICT, BOYOLALI DISTRICT</b>	
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<p><b>Introduction:</b> Hypertension is a health problem that raises good coping. Treatment of hypertension other than using drugs can also be by way of lifestyle modification. One of the non-pharmacological therapies that can be done with complementary therapies that use ingredients around us, such as progressive muscle relaxation. Relaxation techniques can be used to give a better effect 10 minutes 1 time a day in 3 days. <b>Purpose:</b> Knowing the benefits of exercise techniques can increase the level of pain in hypertensive patients. <b>Methods:</b> The research instrument used a simple Verbal Descriptor Scale and a scale measuring instrument of 0-10 pain figures. Data analysis uses descriptive analysis. <b>Results:</b> The results obtained from this study before the relaxation technique was moderate pain scale is 4-6. After relaxation techniques, the scale of mild pain is 1-3. <b>Conclusion:</b> There are differences in pain scale before relaxation techniques and there is a decrease in pain scale after relaxation techniques.</p>	
Key Word: Hypertension, Head pain, Progressive Muscle Relaxation	