

ABSTRACT

Krusita Candrawati B2015059 Diploma III Nursing Program STIKES 'Aisyiyah Surakarta	Counsellor : 1. Wahyu Purwaningsih,M.Sc 2. Anjar Nurrohmah, M. Kep
APPLICATION OF BENSON RELAXATION TECHNIQUES TO LOWER BLOODPRESSUREIN ELDERLY PEOPLE WITH HYPERTENSION IN THE WORKING AREA OF PUSKESMAS KRATONAN	
ABSTRACT	
<p><i>Background;Hypertension is blood pressure within the range of 140/90 mmHg or more. The highest prevalence of hypertension according to the Surakarta City Health Office is at the Kratonan Community Health Center (Kratonanclinics) of 3,181. Hypertension in patients can be treated with pharmacological therapy is benson relaxation. Benson relaxation is a deep breath with eyes closed with confidence planting that can relax for 10 - 20 minutes, for 5 consecutive days.</i></p> <p><i>Objective;Describes the results of applying benson relaxation techniques to lower blood pressure in the elderly with hypertension. Research Methods ; Using descriptive method by observing on research subject. Blood pressure measurements were measured by sphygmometer and stethoscope and then recorded before and after the application of benson relaxation. Results; Measurement of systolic and diastolic blood pressure before benson 150/90 mmHg and 150/100 mmHg relaxation technique, while systolic and diastolic blood pressure after benson relaxation technique 140/80 mmHg and 140/90 mmHg. Conclusion; There is a decrease in blood pressure before and after the application of benson relaxation techniques</i></p>	
<i>Keywords: Elderly Hypertension, Benson Relaxation, Blood Pressure</i>	

