

ABSTRACT

Reza Satifa Eka Sri Pangestu
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Nursing Diploma Study Program

Counsellor
1. Dyah Rahmawatie R.B.U, S.Kep.Ns, M.Kep
2. Norman Wijaya Gati, M.Kep. Sp.Kep.J

APPLICATION OF RELAXATION OF AUTOGENIC ON THE BLOOD PRESSURE IN THE ELDERLY WITH HYPERTENSION IN THE VILLAGE OF GAYAM, THE GAYAM, IN SUKOHARJO

ABSTRACT

Background: Hypertension often occurs in the elderly, because the elderly experience changes in the heart such as cardiac muscle strength and reduced blood vessel elasticity that causes the heart to work harder. Hypertension in elderly if not treated properly will cause various complications. One of treatment nonfarmakologi to hypertension that is autogenic relaxation. It's relaxation, which comes from yourself in the form of words / short sentences that make up your mind at ease and will be able to lower hypertension.

Objective: Describe the results of the implementation of autogenic relaxation in the elderly with hypertension. **Method:** The research design used in this study is a case study design with descriptive research design conducted with 2 respondents who will be measured blood pressure before and after done autogenic relaxation. **Result:** There is decrease in blood pressure after by an autogenic relaxation for 10 minutes by five consecutive days. **Conclusion:** Autogenic relaxation is able to lower blood pressure in elderly people with hypertension with average systolic blood pressure drop is 22.5 mmHg and diastolic blood pressure 10 mmHg.

Keywords: Elderly, Hypertension, Autogenic Relaxation