

## ABSTRACT

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<p><b>APPLICATION OF BENSON RELAXATION TO BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION IN THE WORK AREA OF NGOESAN HEALTH CENTER SURAKARTA</b></p>	
<p><b>Background:</b> High blood pressure (Hypertension) is a chronic situation that indicated with the increasing of the blood pressure in the wall of artery vascular. Based on report from some health center (puskesmas) in Surakarta, there are 32.287 patient diagnosed with hypertension. Benson-Relaxation as one of the relaxation method, is now develops as side therapy for high blood pressure patient. <b>Purpose:</b> To measure the result of Benson-Relaxation application for high blood pressure patient in Ngoresan health center, Surakarta. <b>Research Method:</b> Inhale activity with closed eyes accompanied with relaxing suggestion for 15 minutes. The frequency of Benson-Relaxation activity is 1 times in 14 days. <b>Conclusion:</b> There are some differentiations in blood-pressure for Mrs. S and Mrs. P before and after the Benson-Relaxation application. The blood-pressure of Mrs. S is classified as stadium 1 hypertension or light hypertension to normal high, meanwhile the blood-pressure of Mrs. P is classified as stadium 1 hypertension or light hypertension, The blood-pressure of Mrs. P are decreasing but still classified as stadium 1 hypertension or light hypertension.</p>	
<p>Keywords : Hypertension, Benson-Relaxation, Blood-Pressure</p>	