

**PENGARUH TERAPI RELAKSASI OTOT PROGRESIF TERHADAP
TEKANAN DARAH PENDERITA HIPERTENSI**

Ucik Indrawati*Siti Nurmaya**

ABSTRAK

Pendahuluan: Diketahui bahwa penggunaan obat sintesis untuk mengatur tekanan darah apabila digunakan dalam jangka waktu lama akan memiliki efek samping. Hipertensi dapat ditangani dengan pengobatan farmakologi dan pengobatan non farmakologi, pengobatan non farmakologi dalam mengontrol tekanan darah untuk mengurangi efek samping tersebut yaitu dengan terapi relaksasi otot progresif. **Metode penelitian :** Metode penelitian dengan quasy experiment pre-post test design with control group, populasi penelitian seluruh penderita hipertensi di desa Banjardowo, dengan simple random sampling didapatkan responden sebanyak 36 responden. Variabel penelitian terapi relaksasi otot progresif, tekanan darah penderita hipertensi. Instrumen penelitian variabel independen menggunakan SOP dan variabel dependen dengan observasi. **Hasil penelitian:** Tekanan darah sesudah diberikan perlakuan pada kelompok perlakuan 1 hampir setengahnya mengalami perubahan tinggi sebanyak 5 orang (41,7%), kelompok perlakuan 2 sebagian besar mengalami perubahan sedang sebanyak 7 orang (58,3%), pada kelompok kontrol seluruhnya tidak mengalami perubahan tekanan darah sebanyak 12 orang (100%). Hasil uji statistik didapatkan nilai signifikan 0,00 dimana nilai $P < \alpha$ (0,05). **Kesimpulan** Tekanan darah sebelum diberikan terapi pada kelompok perlakuan mengalami hipertensi sedang, sesudah diberikan terapi pada kelompok perlakuan mengalami hipertensi ringan. Perubahan tekanan darah pada kelompok perlakuan 1 tinggi, kelompok perlakuan 2 perubahan sedang, kelompok kontrol tetap.

Kata kunci : relaksasi otot progresif, tekanan darah, hipertensi

*THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION THERAPY ON
HYPERTENSION PATIENTS*

ABSTRACT

Background: It is known that the use of synthetic drugs to regulate blood pressure when used for a long time will have side effects. Hypertension can be treated with pharmacological treatment and non-pharmacological treatment, non-pharmacological treatment in controlling blood pressure to reduce these side effects, namely progressive muscle relaxation therapy. Methods: Research method with quasy experiment pre-post test design with control group, study population of all hypertensive patients in Banjardowo village, with simple random sampling respondents obtained 36 respondents. The research variable is progressive muscle relaxation therapy, blood pressure in hypertensive patients. The research instrument for the independent variable uses SOP and the dependent variable with observation. Results and Analysis: Blood pressure after being given treatment in the treatment group 1 almost half experienced a high change of 5 people (41.7%), the treatment group 2 mostly experienced moderate changes as many as 7 people (58.3%), in the control group entirely not changes in blood pressure by 12 people (100%). The results of the statistical test obtained a significant value of 0.00 where the value of $P < \alpha$ (0.05). Discuss and Conclusion: Blood pressure before therapy was given to the treatment group experienced moderate hypertension, after being given therapy in the treatment group experienced mild hypertension. Changes in blood pressure in treatment group 1 were high, treatment group 2 was moderate change, control group remained.

Keywords: progressive muscle relaxation, blood pressure, hypertension

Nursing Journal of STIKES Insan Cendekia Medika Jombang
Vol.15 No. 1 Maret 2018