

## **PROGRAM STUDI D-III KEPERAWATAN**

### **JURUSAN ILMU KESEHATAN**

### **INSTITUT TEKNOLOGI KESEHATAN CENDEKIA UTAMA KUDUS**

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Silvi Mariska Oktaviani, Luluk Cahyanti, Emma Setiyo Wulan, Jamaludin

Implementasi Progressive Muscle Relaxation Untuk menurunkan tekanan Darah pada Penderita Hipertensi

#### **ABSTRAK**

**Latar Belakang:** Hipertensi termasuk salah satu penyakit tidak menular (PTM) utama di dunia yang memiliki kontribusi signifikan terhadap beban penyakit kardiovaskular (CVDs), stroke, gagal ginjal, kecacatan, dan kematian dini. Menurut data sekitar 49% kasus serangan jantung dan 62% kasus stroke yang terjadi setiap tahunnya disebabkan oleh komplikasi yang terkait dengan hipertensi. Faktor hipertensi ada 2 yaitu : Faktor risiko yang tidak dapat dikendalikan mencakup aspek genetik, usia, jenis kelamin, dan ras. Sementara itu, faktor yang dapat dikendalikan meliputi kebiasaan merokok, pola makan yang tidak sehat, jarang mengonsumsi buah dan sayuran, serta konsumsi garam atau natrium yang berlebihan. Intervensi non farmakologis seperti *Progressive Muscle Relaxation* dianggap efektif untuk membaantu menurunkan tekanan darah pada penderita hipertensi. **Tujuan Penelitian:** Tujuan dari penelitian ini adalah menggambarkan dan membuktikan bahwa penerapan terapi *Progressive Muscle Relaxation* dapat menurunkan tekanan darah pada penderita hipertensi. **Metode:** Penelitian ini menggunakan jenis penelitian kuantitatif *Pre-Experimental* design dengan rancangan *one group pretest-posttest design*. Sample sebanyak 15 responden yang dipilih sesuai dengan kriteria inklusi. Pengumpulan data dilakukan bulan Juni 2025 menggunakan lembar observasi. Analisa data dilakukan secara deskriptif untuk melihat perubahan tekanan darah sebelum dan setelah intervensi *Progressive Muscle Relaxation*. **Hasil:** 15 responden sebelum diberikan *Progressive Muscle Relaxation* termasuk dalam kategori hipertensi stadium 1 sebanyak 9 responden (60%), hipertensi stadium 2 sebanyak 5 responden (33,3%), hipertensi stadium 3 sebanyak 1 responden (6,7%). Setelah diberikan intervensi *Progressive Muscle Relaxation* tekanan darah normal sebanyak 5 responden (33%), prehipertensi sebanyak 6 responden (40%), hipertensi stadium 1 sebanyak 4 responden (27%). Hal ini menunjukkan adanya penurunan tekanan darah pada penderita hipertensi. **Kesimpulan:** Terapi *Progressive Muscle Relaxation* efektif dalam menurunkan tekanan darah. Terapi ini dapat dijadikan pendekatan keperawatan nonfarmakologi untuk menurunkan tekanan darah pada penderita hipertensi.

**Kata Kunci :** Hipertensi, Progressive Muscle Relaxation, Tekanan darah

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Silvi Mariska Oktaviani, Luluk Cahyanti, Emma Setiyo Wulan, Jamaludin

Implementation of Progressive Muscle Relaxation to Lower Blood Pressure in Hypertension Patients

#### **ABSTRACT**

**Background:** Hypertension is one of the world's leading non-communicable diseases (NCDs), contributing significantly to the burden of cardiovascular disease (CVD), stroke, kidney failure, disability, and premature death. According to data, approximately 49% of heart attacks and 62% of strokes occurring annually are caused by complications related to hypertension. There are two factors for hypertension: uncontrollable risk factors include genetics, age, gender, and race. Meanwhile, controllable factors include smoking habits, unhealthy diet, infrequent consumption of fruits and vegetables, and excessive salt or sodium consumption. Non-pharmacological interventions such as Progressive Muscle Relaxation are considered effective in helping lower blood pressure in people with hypertension. **Research Objective:** The purpose of this study was to describe and prove that the application of Progressive Muscle Relaxation therapy can lower blood pressure in people with hypertension. **Method:** This study used a quantitative pre-experimental design with a one-group pretest-posttest design. A sample of 15 respondents was selected according to the inclusion criteria. Data collection was conducted in June 2025 using an observation sheet. Data analysis was conducted descriptively to observe changes in blood pressure before and after the Progressive Muscle Relaxation intervention. **Results:** 15 respondents before receiving Progressive Muscle Relaxation were included in the stage 1 hypertension category, 9 respondents (60%), stage 2 respondents (53.3%), and stage 3 respondents (6.7%). After receiving Progressive Muscle Relaxation intervention, blood pressure was normal in 5 respondents (33%), prehypertension in 6 respondents (40%), and stage 1 hypertension in 4 respondents (27%). This indicates a decrease in blood pressure in hypertensive patients. **Conclusion:** Progressive Muscle Relaxation therapy is effective in lowering blood pressure. This therapy can be used as a non-pharmacological nursing approach to lower blood pressure in hypertensive patients.

**Keywords:** Blood pressure, Hypertension, Progressive Muscle Relaxation