

ABSTRAK

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Penerapan Relaksasi Otot Progresif (ROP) Terhadap Penurunan Tekanan Darah Pada Kelompok Agregat Hipertensi Di Desa Sembung Jambu Rt 06/Rw 01 Kecamatan Bojong Kabupaten Pekalongan

Latar belakang: Hipertensi masih menjadi masalah kesehatan masyarakat karena angka kejadiannya terus meningkat dan pengendaliannya belum optimal. Jika tidak dikendalikan dengan baik, hipertensi dapat menyebabkan komplikasi serius, seperti stroke, penyakit jantung, dan gagal ginjal. Oleh karena itu, diperlukan intervensi non-farmakologi yang mudah diterapkan, seperti relaksasi otot progresif (ROP), untuk membantu menurunkan tekanan darah.

Metode: Studi kasus pada kelompok hipertensi dengan penerapan Relaksasi Otot Progresif berdasarkan *evidence based nursing*. Penerapan ROP dilakukan selama 3 kali pertemuan pada 10 responden yang menderita hipertensi. Instrumen yang digunakan dalam mengukur tekanan darah yaitu *sphygmomanometer* dan SOP Relaksasi Otot Progresif.

Hasil: Hasil studi kasus menunjukkan bahwa terjadi penurunan tekanan darah secara konsisten setelah diberikan Relaksasi Otot Progresif selama tiga kali pertemuan. Rata-rata tekanan darah pre adalah 146/94 mmHg, dan post menjadi 135/87 mmHg. Didapatkan rata-rata penurunan sistolik 11 mmHg dan diastolik 7 mmHg selama tiga kali pertemuan.

Simpulan: Hasil penelitian pemberian asuhan keperawatan pada kelompok khusus hipertensi setelah diberikan implementasi relaksasi otot progresif didapatkan bahwa terdapat perubahan nilai tekanan darah setelah pemberian ROP dengan hasil rata-rata tekanan darah pre 146/94 mmHg, dan post 135/87 mmHg. Dengan rata-rata penurunan sistolik 11 mmHg dan diastolik 7 mmHg.

Kata Kunci : Hipertensi, penurunan tekanan darah, Relaksasi Otot Progresif

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ABSTRACT

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The Implementation of Progressive Muscle Relaxation (PMR) to Reduce Blood Pressure in an Aggregate Group of Patients with Hypertension in Sembung Jambu Village, RT 06/RW 01, Bojong District, Pekalongan Regency

Introduction: Hypertension remains a public health problem because its prevalence continues to increase and its management has not been optimal. If left uncontrolled, hypertension can lead to serious complications, such as stroke, heart disease, and kidney failure. Therefore, non-pharmacological interventions that are easy to implement, such as Progressive Muscle Relaxation (PMR), are needed to help reduce blood pressure.

Methods: This case study was conducted in a hypertensive group by implementing PMR based on evidence-based nursing. PMR was carried out over three sessions involving 10 respondents with hypertension. Blood pressure was measured by a sphygmomanometer, and the intervention was conducted according to the Standard Operating Procedure for PMR.

Results: The case study showed a consistent reduction in blood pressure after three sessions of PMR. The mean pre-intervention blood pressure was 146/94 mmHg, which decreased to 135/87 mmHg after the intervention. The mean reduction in systolic blood pressure was 11 mmHg, while the mean reduction in diastolic blood pressure was 7 mmHg over the three sessions.

Conclusion: The results of this study showed that the implementation of PMR in nursing care for a hypertensive group resulted in changes in blood pressure. The mean pre-intervention blood pressure was 146/94 mmHg, which decreased to 135/87 mmHg after the intervention, with a mean reduction of 11 mmHg in systolic blood pressure and 7 mmHg in diastolic blood pressure.

Keywords : blood pressure reduction, hypertension, progressive muscle relaxation

References: 2021-2026