

ABSTRAK

Adi Setiawan¹, Dafid Arifiyanto²

Perbedaan Tekanan Darah Sebelum Dan Setelah Relaksasi Autogenik Terhadap Lansia Hipertensi Diwilayah Kerja Puskesmas Bandar 1

Latar Belakang: Hipertensi merupakan masalah kesehatan yang sering terjadi pada lanjut usia (lansia) akibat perubahan fisiologis dan faktor gaya hidup. Kondisi ini memerlukan penatalaksanaan yang komprehensif, termasuk intervensi nonfarmakologis seperti relaksasi autogenik yang berpotensi membantu menurunkan tekanan darah secara aman.

Metode: Penelitian ini menggunakan desain kuantitatif pre-eksperimental dengan metode *one group pretest-posttest*. Sampel penelitian terdiri dari 30 lansia hipertensi di wilayah kerja Puskesmas Bandar 1 yang dipilih menggunakan teknik *proportional random sampling*. Relaksasi autogenik diberikan selama tiga hari berturut-turut dengan frekuensi satu kali per hari dan durasi 15 menit pada setiap sesi, dengan pengukuran tekanan darah sebelum dan sesudah intervensi. Analisis data dilakukan menggunakan uji t-test.

Hasil: Hasil penelitian menunjukkan adanya penurunan tekanan darah setelah dilakukan relaksasi autogenik. Rata-rata tekanan darah sistolik menurun dari 154,5 mmHg menjadi 138,93 mmHg, sedangkan tekanan darah diastolik menurun dari 94,3 mmHg menjadi 86 mmHg. Analisis statistik menunjukkan perbedaan yang bermakna antara tekanan darah sebelum dan sesudah intervensi ($p < 0,05$).

Simpulan: Relaksasi autogenik berpengaruh signifikan terhadap penurunan tekanan darah pada lansia hipertensi dan dapat digunakan sebagai terapi pendamping nonfarmakologis dalam pelayanan keperawatan.

Kata Kunci: *lansia, hipertensi, relaksasi autogenik, tekanan darah*

**Bachelor of Nursing Program
Faculty of Health Sciences Muhammadiyah
University of Pekajangan, Pekalongan
January, 2026**

ABSTRACT

Differences in Blood Pressure Before and After Autogenic Relaxation for Elderly Patients with Hypertension in the Bandar 1 Community Health Center Work Area

Adi Setiawan, Dafid Arifiyanto

Background: Hypertension is a common health problem in the elderly due to physiological changes and lifestyle factors. This condition requires comprehensive management, including non-pharmacological interventions such as autogenic relaxation, which has the potential to help lower blood pressure safely.

Methods: This study used a quantitative pre-experimental design with a one-group pretest-posttest method. The sample consisted of 30 elderly patients with hypertension in the Bandar 1 Community Health Center work area, selected using proportional random sampling. Autogenic relaxation was administered for three consecutive days, once daily, for 15 minutes each session, with blood pressure measurements before and after the intervention. Data analysis was performed using a t-test.

Results: The study showed a decrease in blood pressure after autogenic relaxation. The average systolic blood pressure decreased from 154.5 mmHg to 138.93 mmHg, while the diastolic blood pressure decreased from 94.3 mmHg to 86 mmHg. Statistical analysis showed a significant difference between blood pressure before and after the intervention ($p < 0.05$).

Conclusion: Autogenic relaxation significantly reduced blood pressure in elderly people with hypertension and can be used as a non-pharmacological complementary therapy in nursing care.

Keywords: elderly, hypertension, autogenic relaxation, blood pressure.