PENERAPAN TERAPI RELAKSASI OTOT PROGRESIF TERHADAP PENURUNAN TEKANAN DARAH PADA LANSIA DENGAN HIPERTENSI DI POSYANDU MENUR X JEBRES

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ABSTRACT

Background*: Hypertension is a common non-communicable disease among older adults. In Surakarta City, 67,623 hypertension cases were reported in 2024. In addition to pharmacological treatment, progressive muscle relaxation can be used as a non-pharmacological intervention to help control blood pressure.****Objective****: To describe the effect of progressive muscle relaxation on blood pressure reduction among older adults with hypertension at Menur X Elderly Integrated Health Post, Jebres Village, Surakarta.* ***Methods:*** *This descriptive case study involved two older adults with hypertension: Mr. B (65 years old) and Mrs. T (60 years old). Progressive muscle relaxation was administered for two weeks (four sessions per week, approximately 20 minutes per session). Blood pressure was measured before and after the intervention using a digital sphygmomanometer.****Results:*** *Mr. B's blood pressure decreased from 150/90 to 137/82 mmHg (Stage 2 to Stage 1 hypertension), while Mrs. T's blood pressure decreased from 160/100 to 144/86 mmHg (remaining Stage 2 hypertension). The reductions were 13/8 mmHg and 16/14 mmHg (systolic/diastolic), respectively.* ***Conclusion:*** *Progressive muscle relaxation may help reduce blood pressure in older adults with hypertension and can be used as a complementary non-pharmacological intervention for hypertension management.*

Keywords: *Blood Pressure, Elderly, Hypertension, Progressive Muscle Relaxation***.**