# PENERAPAN TERAPI RELAKSASI BENSON TEKANAN DARAH PADA PENDERITA HIPERTENSI DI WILAYAH PUSKESMAS GAMBIRSARI SURAKARTA

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## *ABSTRACT*

***Background:*** Hypertension is a non-communicable disease that can lead to complications such as stroke, heart disease, and kidney failure. In addition to pharmacological treatment, Benson relaxation therapy can be used as a non-pharmacological intervention to help control blood pressure. ***Objective:*** To describe the implementation of Benson relaxation therapy on blood pressure in patients with hypertension in the working area of Gambirsari Community Health Center. ***Methods:*** This study employed a case study with a quantitative descriptive design. The participants were two patients with hypertension, Mrs. S (65 years old) and Mrs. W (51 years old). Benson relaxation therapy was administered for 15–20 minutes once daily for seven consecutive days. Blood pressure was measured before and after the intervention using a digital sphygmomanometer**.** ***Results:*** Before the intervention, both participants were classified as having Stage 2 hypertension. After seven days of therapy, both participants experienced a reduction in blood pressure. Mrs. S reached the high-normal blood pressure category, while Mrs. W improved to Stage 1 hypertension. ***Conclusion:*** The implementation of Benson relaxation therapy for seven consecutive days helped reduce blood pressure in patients with hypertension. This therapy can be used as a simple, safe, and independent non-pharmacological nursing intervention to complement pharmacological treatment.

***Keywords:*** hypertension, blood pressure, Benson relaxation, non-pharmacological therapy.