

## **ABSTRACT**

**Robertus Riki Alviandi 30.01.11.0341**

**Effect of progressive muscle relaxation techniques to decrease blood pressure in hypertension patients in Puskesmas Sukarami Palembang 2015 "**

**SKRIPSI**

**Program Studi S1 Keperawatan**

**Fakultas Kesehatan**

**Universitas Katolik Musi Charitas Palembang**

**Kata Kunci : Hipertensi, Teknik Relaksasi Otot Progresif**

**(xv + 43 Halaman + 6 Tabel + 2 gambar + 10 lampiran)**

This research on nursing interventions to stress that done and quoted from Brunner and Sudarth (2002) in Aspiani 2014) find relaxation techniques as a primary method to relieve stress. Wherein the relaxation techniques will produce a response that can combat stress response so that the hypothalamus adjust and decrease the activity of the sympathetic nervous system. In time if not immediately ditangani will damage darahdi vessels throughout the body, namely the heart, brain and kidney and heart enlargement (Mutaqin, 2009) Meanwhile, according to Mc Closkey and Bulechek in Brunner & Sudarth (2002) suggested a relaxation technique used is the technique of muscle relaxation , relaxation with guided imagery and relaxation responses from Benson.

This study aims to determine the effect of progressive muscle relaxation techniques to decrease blood pressure in hypertensive patients in health centers Sukarami Palembang 2015. The study was conducted in the first week of the month July 2015 This research is conducted in a manner praeksperimen approach to observation or data collection at once at a time and use a non-random techniques by purposive sampling. Samples taken in the study of 56 samples. The sampling technique using non-random sampling. This study uses observation sheets. Bivariate analysis using paired T test produces a value  $p = 0.00$ , it can be concluded that there are significant differences in blood pressure before and after therapy were given progressive muscle in Puskesmas Sukarami Palembang Year 2015. It is expected that the results of this study may be one option in lowering blood pressure for the clinic in order to convey to patients with hypertension will benefit progressive muscle relaxation techniques in lowering blood pressure and the results of this study should be a reference in controlling high blood pressure in patients with hypertension and can be used as an ingredient in teaching and further research

Bibliograpy : 18 (2008-2015)