

INTISARI

Latar Belakang : Hipertensi yang tidak diketahui penyebabnya didefinisikan sebagai hipertensi esensial. Hipertensi esensial menempati urutan kedua penyakit tidak menular pada pasien di rumah sakit (Dinkes DIY, 2011). Penanganan hipertensi dapat dilakukan dengan teknik relaksasi otot progresif. Relaksasi otot akan mengubah ketegangan otot menjadi rileks, sehingga tekanan darah tinggi pada penderita hipertensi menurun. Studi pendahuluan di RSUD Panembahan Senopati Bantul diperoleh bahwa penderita hipertensi menempati urutan pertama. RSUD Panembahan Senopati sampai saat ini belum melakukan penatalaksanaan relaksasi otot progresif pada penderita hipertensi.

Tujuan Penelitian : Mengetahui pengaruh teknik relaksasi otot progresif dalam menurunkan tekanan darah pada pasien hipertensi esensial.

Metode Penelitian : Jenis penelitian eksperimen semu menggunakan *pretest-posttest one control group design*. Sampel diambil dengan teknik *purposive sampling* yaitu pasien rawat inap yang didiagnosa hipertensi esensial sebanyak 10 orang. Instrumen penelitian adalah format pengumpulan data dan hasil penelitian dianalisis dengan t-test.

Hasil penelitian : Rata-rata penurunan tekanan darah sistole sebelum intervensi sebesar 1,100 mmHg, sedangkan tekanan darah diastol tidak mengalami penurunan. Rata-rata penurunan tekanan darah sistole setelah intervensi sebesar 6,770 mmHg, sedangkan tekanan darah diastol mengalami penurunan sebesar 1,995 mmHg. Perbedaan penurunan tekanan darah sistole sebelum dan sesudah intervensi sebesar 5,6300 mmHg, sedangkan tekanan darah diastol memiliki perbedaan sebesar 1,2700. Hasil *paired sample t-tets* penurunan tekanan darah sistole diperoleh *p-value* (0,013) < 0,05 sedangkan pada tekanan darah diastol diperoleh *p-value* (0,021) < 0,05.

Kesimpulan : Ada pengaruh teknik relaksasi otot progresif dalam menurunkan tekanan darah pada pasien hipertensi esensial.

Kata kunci : teknik relaksasi otot progresif, tekanan darah

ABSTRACT

Background: Hypertension of unknown origin is defined as hypertension essential. Hypertension essential the second ranle of non-communicable diseases in patients in the hospital (Dinkes DIY, 2011). Treatment of hypertension can be done with progressive muscle relaxation techniques. Relaxation muscle will change the muscle tension relaxed, so that high blood pressure in hypertensive patients decreased. Study preliminary in RSUD Panembahan Senopati Bantul found that patients with hypertension fulfill the first order. RSUD Panembahan Senopati has yet to make the management of progressive muscle relaxation techniques in patients with hypertension.

Research objectives: Knowing the effect techniques of relaxation muscle progressive in lowering pressure blood in patients with hypertension essential.

Research Methods: A type study of experimental quasi using a pretest-posttest one control group design. Samples were taken with the technique purposive sampling with inpatients diagnosed hypertension essential by 10 people. Instrument research is the format of collection data and results research were analyzed by t-test.

The results: The average decrease in systolic pressure blood before the intervention of 1,100, mmHg while the blood pressure diastolic does not decline. The average decrease in systolic blood pressure before the intervention of 6,770 mmHg, while the diastolic blood pressure decreased by 1,995 mmHg. Decrease in systolic blood pressure difference before and after the intervention of 5,300 mmHg, while the diastolic blood pressure have a difference of 1,2700. The results of paired sample t-test decrease in systolic blood pressure obtained p-value (0,013) $<0,05$ diastolic blood pressure while on the obtained p-value (0,021) $<0,05$.

Conclusion: There is the progressive muscle relaxation techniques in lowering blood pressure in patients with hypertension essential.

Key words: progressive muscle relaxation techniques, blood pressure