

STUDI KASUS DAN PENERAPAN TERAPI RELAKSASI BENSON PADA PASIEN HIPERTENSI DI BANGSAL PENYAKIT DALAM RS PKU MUHAMMADIYAH YOGYAKARTA

INTISARI

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Latar Belakang: Hipertensi terjadi ketika tekanan darah sistolik lebih dari 140 mmHg dan tekanan diastolik lebih dari 90 mmHg berdasarkan pada dua kali pengukuran atau lebih. Saat ini penderita hipertensi mencapai sekitar 970 juta orang di dunia dan diperkirakan pada tahun 2025 akan mencapai 1,56 milyar orang. Tatalaksana hipertensi ada dua yaitu farmakologi dan non farmakologi. Terapi farmakologi tentu pengobatan dengan pantauan dokter. Namun diperlukan terapi non farmakologi sebagai pendukung pengendalian hipertensi seperti terapi relaksasi benson yang merupakan salah satu terapi non farmakologi penggabungan antara relaksasi dan faktor keyakinan filosofis atau agama yang dianut oleh seseorang.

Tujuan: Untuk melakukan studi kasus dan penerapan terapi relaksasi benson pada pasien hipertensi di Bangsal Penyakit Dalam RS PKU Muhammadiyah Yogyakarta

Metode: Karya ilmiah ini menggunakan metode studi kasus dengan teknik pengumpulan data observasi dan wawancara. Sampel yang digunakan yaitu sebanyak 1 pasien hipertensi. Teknik analisa data yaitu dengan tahapan pengumpulan data, reduksi data yang didapatkan sebanyak 4 diagnosa keperawatan dengan diagnosa prioritas perfusi perifer tidak efektif, dan penarikan kesimpulan

Hasil: Setelah dilakukan penerapan terapi relaksasi benson sebanyak 2x selama 3x24jam asuhan keperawatan didapatkan adanya penurunan tekanan darah pasien dari hari pertama yaitu 169/85mmHg hingga hari terakhir asuhan keperawatan yaitu 133/70mmHg. Hasil asuhan keperawatan didapatkan masalah perfusi perifer tidak efektif teratasi sebagian, masalah intoleransi aktivitas teratasi, masalah hipervolemia teratasi sebagian, dan masalah defisit pengetahuan teratasi.

Kesimpulan: Terapi relaksasi benson efektif untuk menurunkan tekanan darah pasien.

Kata kunci : Hipertensi, Tekanan Darah, Terapi Relaksasi Benson

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**CASE STUDY AND APPLICATION OF BENSON RELAXATION
THERAPY IN HYPERTENSIVE PATIENTS IN THE INTERNAL
MEDICINE WARD OF PKU MUHAMMADIYAH YOGYAKARTA
HOSPITAL**

ABSTRACT

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Background: Hypertension occurs when systolic blood pressure is more than 140 mmHg and diastolic pressure is more than 90 mmHg based on two or more measurements. Currently, hypertension patients reach around 970 million people in the world and it is estimated that by 2025 it will reach 1.56 billion people. There are two treatments for hypertension, namely pharmacology and non-pharmacology. Pharmacological therapy is certain treatment under the supervision of a doctor. However, non-pharmacological therapy is needed as a support for controlling hypertension such as Benson relaxation therapy which is one of the non-pharmacological therapies combining relaxation and philosophical or religious belief factors adopted by a person.

Objective: Conduct a case study and application of Benson relaxation therapy in hypertensive patients in the Internal Medicine Ward of PKU Muhammadiyah Yogyakarta Hospital.

Methods: This scientific paper uses a case study method with observation and interview data collection techniques. The sample used was one hypertensive patient. The data analysis technique is consisted of three main stages those are data collection, data reduction which is obtained as many as 4 nursing diagnoses with priority diagnoses of ineffective peripheral perfusion, and conclusion drawing.

Results: After the application of Benson relaxation therapy as much as twice along three days intervention of nursing care, it was found that there was a decrease in the patient's blood pressure from the first day is 169/85mmHg and last day of nursing care, patient's blood pressure is 133/85mmHg. The results of nursing care found that the problem of ineffective peripheral perfusion was partially resolved, the problem of activity intolerance was resolved, the problem of hypervolemia was partially resolved, and the problem of knowledge deficit was resolved.

Conclusion: Benson relaxation therapy is effectively to reduce patient blood pressure.

Keywords: Hypertension, Blood Pressure, Benson Relaxation Therapy

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