

ABSTRAK

Meisy Amreza (2025). Penerapan Teknik Relaksasi Otot Progresif Pada Pasien Lansia Untuk Menurunkan Hipertensi Di Wilayah kerja UPTD Puskesmas Pekan Heran. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Diluar kampus Utama Jurusan Keperawatan, Politeknik Kesehatan kemenkes Riau. Pembimbing (1) Ns. Elmukhsinur S.Kep.,M.Biomed, (II) Ns. Sri Novita Yuliet,M.Kep.,Sp.Kep.K

Hipertensi sering ditemukan pada lansia, Hipertensi merupakan suatu keadaan tanpa gejala, dimana tekanan yang abnormal tinggi didalam arteri menyebabkan meningkatnya resiko terhadap stroke, gagal jantung, serangan jantung dan kerusakan ginjal. Jumlah kunjungan pasien lansia di UPTD Puskesmas Pekan Heran dengan kasus hipertensi ditahun 2024 sebanyak 569 Kunjungan.Terapi non-farmakologis seperti teknik relaksasi otot progresif terbukti efektif membantu menurunkan tekanan darah. Tujuan: Mendeskripsikan tekanan darah sebelum dan sesudah diterapkan teknik relaksasi otot progresif. Metode: Studi kasus dilakukan pada dua orang lansia yang memenuhi kriteria inklusi yang dilakukan pada 14-18 April 2025. Teknik relaksasi otot progresif diberikan selama lima hari berturut-turut, satu kali sehari dengan durasi 15 menit. Tekanan darah diukur sebelum dan sesudah intervensi. Hasil: Subjek 1 mengalami penurunan tekanan darah dari 164/103 mmHg menjadi 140/90 mmHg. Subjek 2 mengalami penurunan dari 219/73 mmHg menjadi 191/71 mmHg setelah penerapan teknik relaksasi otot progresif. Kesimpulan: Teknik relaksasi otot progresif efektif dalam membantu menurunkan tekanan darah pada lansia penderita hipertensi dan dapat dijadikan intervensi keperawatan non-farmakologis yang mudah, aman, serta tanpa efek samping.

Kata kunci: Teknik Relaksasi Otot Progresif, Lansia, Hipertensi

ABSTRACT

Meisy Amreza (2025). Application of Progressive Muscle Relaxation Techniques in Elderly Patients to Reduce Hypertension in the UPTD Work Area of Pekan Heran Community Health Center. Case Study Scientific Writing, DIII Nursing Study Program Outside the Main Campus, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisor (I) Ns. Elmukhsinur S.Kep., M.Biomed, (II) Ns. Sri Novita Yuliet, M.Kep., Sp.Kep.K

Hypertension is often found in the elderly, Hypertension is a condition without symptoms, where abnormally high pressure in the arteries causes an increased risk of stroke, heart failure, heart attack and kidney damage. The number of visits by elderly patients at UPTD Puskesmas Pekan Heran with cases of hypertension in 2024 will be 569 people. Non-pharmacological therapies such as progressive muscle relaxation techniques have been proven to be effective in helping lower blood pressure. Objective: To describe blood pressure before and after applying progressive muscle relaxation techniques. Method: A case study was conducted on two elderly people who met the inclusion criteria, which was carried out on April 14-18 2025. The progressive muscle relaxation technique was given for five consecutive days, once a day for 15 minutes. Blood pressure was measured before and after the intervention. Results: Subject 1 experienced a decrease in blood pressure from 164/103 mmHg to 140/90 mmHg. Subject 2 experienced a decrease from 219/73 mmHg to 191/71 mmHg after applying the progressive muscle relaxation technique. Conclusion: The progressive muscle relaxation technique is effective in helping to lower blood pressure in elderly people with hypertension and can be used as a non-pharmacological nursing intervention that is easy, safe, and without side effects.

Keywords: Progressive Muscle Relaxation, Elderly, Hypertension