

## ABSTRAK

Tasya Amalia (2025). *Penerapan Terapi Relaksasi Otot Progresif dalam Penurunan Tekanan Darah pada Penderita Hipertensi di Puskesmas Simpang Tiga Pekanbaru*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (1) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B (2) Ira Oktaviani RZ, S.Farm., Apt., M.Farm .

**Latar belakang :** Hipertensi merupakan kondisi terjadinya peningkatan tekanan darah yang sering timbul tanpa gejala sehingga meningkatkan resiko komplikasi yang serius seperti *stroke* dan gangguan jantung. Tingginya prevalensi hipertensi serta rendahnya kesadaran penderita untuk menanggulangi penyakit hipertensi, dibutuhkan penanganan mandiri yang praktis seperti terapi relaksasi otot progresif yang dapat diterapkan kapan saja tanpa menimbulkan efek samping. **Tujuan :** Mendeskripsikan penerapan terapi relaksasi otot progresif dalam penurunan tekanan darah pada penderita hipertensi di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru. **Metode Penelitian :** Penelitian ini menggunakan pendekatan deskriptif dengan metode studi kasus 2 subyek yang menderita hipertensi stadium 1. Penelitian ini dilakukan pada tanggal 11 Maret sampai 16 Maret 2025 dilakukan 6x pertemuan menggunakan instrument lembar observasi, lembar standar prosedur operasional, dan leaflet terapi relaksasi otot progresif. **Hasil Penelitian :** Diperoleh bahwa subyek 1 dan subyek 2 mengalami penurunan tekanan darah setelah diberikan teknik relaksasi otot progresif dimana sebelum dilakukan terapi relaksasi otot progresif pada subyek 1 yaitu 150/90 mmHg dan pada hari ke-6 setelah diberikan terapi relaksasi otot progresif yaitu 140/80 mmHg. Pada subyek 2 pada hari pertama sebelum diberikan terapi relaksasi otot progresif yaitu 140/90 mmHg dan pada hari ke-6 setelah diberikan terapi relaksasi otot progresif yaitu 130/70 mmHg. **Kesimpulan :** Hasil penelitian menunjukkan adanya penurunan tekanan darah pada kedua subyek setelah diberikan terapi relaksasi otot progresif. **Saran :** Diharapkan terapi relaksasi otot progresif dapat diterapkan secara mandiri oleh penderita hipertensi di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru.

**Kata kunci : Hipertensi, Tekanan Darah, Terapi Relaksasi Otot Progresif**

## ABSTRACT

Tasya Amalia (2025). *Application of Progressive Muscle Relaxation Therapy in Lowering Blood Pressure in Hypertensive Patients at the Simpang Tiga Pekanbaru Health Center*. Scientific Paper Case Study, DIII Nursing Study Program Pekanbaru, Department of Nursing, Health Polytechnic of the Ministry of Health, Riau. Supervisor (1) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B (2) Ira Oktaviani RZ, S.Farm., Apt., M.Farm .

**Background:** Hypertension is a condition of increased blood pressure that often arises without symptoms so that it increases the risk of serious complications such as *stroke* and heart problems. The high prevalence of hypertension and the low awareness of patients to overcome hypertension require practical self-treatment such as progressive muscle relaxation therapy that can be applied at any time without causing side effects. **Objective:** Describe the application of progressive muscle relaxation therapy in lowering blood pressure in hypertensive patients in the Working Area of the Simpang Tiga Pekanbaru Health Center. **Research Method:** This study uses a descriptive approach with a case study method of 2 subjects suffering from stage 1 hypertension. This study was conducted from March 11 to March 16, 2025 with 6 meetings using observation sheet instruments, standard operational procedure sheets, and progressive muscle relaxation therapy leaflets. **Research Results:** It was obtained that subjects 1 and 2 experienced a decrease in blood pressure after being given a progressive muscle relaxation technique where before progressive muscle relaxation therapy was carried out on subject 1 which was 150/90 mmHg and on day 6 after being given progressive muscle relaxation therapy which was 140/80 mmHg. On the subject 2 before being given progressive muscle relaxation therapy, which was 140/90 mmHg, and on day 6 after being given progressive muscle relaxation therapy, which was 130/70 mmHg. **Conclusion:** The results showed a decrease in blood pressure in both subjects after being given progressive muscle relaxation therapy. **Suggestion:** It is hoped that progressive muscle relaxation therapy can be applied independently by hypertensive patients in the Working Area of the Simpang Tiga Pekanbaru Health Center.

**Keywords:** Hypertension, Blood Pressure, Progressive Muscle Relaxation Therapy