

PENERAPAN TERAPI RELAKSASI OTOT PROGRESIF DALAM ASUHAN KEPERAWATAN LANSIA DENGAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS GUNTUR TAHUN 2025

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ABSTRAK

Latar Belakang: Hipertensi pada lansia dapat menimbulkan komplikasi serius seperti stroke, gagal jantung, gagal ginjal, dan retinopati, sehingga diperlukan penatalaksanaan farmakologis maupun non-farmakologis untuk mencegah dan mengendalikan dampaknya. Terapi non-farmakologis seperti Relaksasi Otot Progresif (ROP) terbukti efektif menurunkan tekanan darah, mengurangi nyeri, serta meningkatkan kenyamanan pasien. **Tujuan:** Penelitian ini bertujuan untuk melakukan asuhan keperawatan dengan menerapkan Teknik Relaksasi Otot Progresif pada lansia Hipertensi di wilayah kerja Puskesmas Guntur tahun 2025. **Metode:** Penelitian ini menggunakan metode deskriptif kualitatif dengan metode studi kasus pada dua responden lansia dengan hipertensi yang memiliki keluhan berbeda. Intervensi berupa terapi relaksasi otot progresif dilakukan secara teratur, kemudian dievaluasi berdasarkan perubahan tekanan darah, keluhan nyeri, serta respon psikologis pasien. **Hasil :** Hasil penelitian didapatkan bahwa kedua responden terjadi penurunan tekanan darah dalam rentang yang normal pada hari ketiga. Hasil ini menunjukkan bahwa tekanan darah membaik, keluhan nyeri menurun, meringis menurun. **Kesimpulan:** Terapi relaksasi otot progresif dapat dijadikan sebagai intervensi non-farmakologis yang efektif dalam menangani hipertensi pada lansia dengan hipertensi. **Saran:** Perawat disarankan menjadikan terapi relaksasi otot progresif sebagai bagian dari intervensi rutin dalam asuhan keperawatan lansia hipertensi, serta fasilitas pelayanan kesehatan diharapkan mengintegrasikan terapi ini ke dalam program promosi kesehatan berkelanjutan.

Kata Kunci : Hipertensi, Lansia, Relaksasi Otot Progresif, Asuhan Keperawatan.

Daftar Pustaka : 15 buku (2017-2024), 27 jurnal ilmiah, 9 sumber internet, dan 6 karya tulis ilmiah

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION THERAPY IN
NURSING CARE FOR ELDERLY WITH HYPERTENSION IN THE WORKING
AREA OF GUNTUR PUBLIC HEALTH CENTER IN 2025**

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ABSTRACT

Background: Hypertension in the elderly can lead to serious complications such as stroke, heart failure, kidney failure, and retinopathy, thus requiring both pharmacological and non-pharmacological management to prevent and control its impact. Non-pharmacological therapy such as Progressive Muscle Relaxation (PMR) has been proven effective in lowering blood pressure, reducing pain, and improving patient comfort. **Objective:** This study aims to provide nursing care by applying Progressive Muscle Relaxation techniques to elderly patients with hypertension in the working area of Guntur Public Health Center in 2025. **Method:** This research used a qualitative descriptive approach with a case study method involving two elderly respondents with hypertension who presented different complaints. The intervention was in the form of regular Progressive Muscle Relaxation therapy, evaluated based on changes in blood pressure, pain complaints, and patients' psychological responses. **Results:** The findings revealed that both respondents experienced a reduction in blood pressure to a normal range by the third day. Blood pressure improved, pain complaints decreased, and facial grimacing was reduced. **Conclusion:** Progressive Muscle Relaxation therapy can serve as an effective non-pharmacological intervention in managing hypertension among the elderly. **Recommendation:** Nurses are encouraged to incorporate Progressive Muscle Relaxation therapy as part of routine nursing care for elderly patients with hypertension, and healthcare facilities are expected to integrate this therapy into ongoing health promotion programs.

Keywords: Hypertension, Elderly, Progressive Muscle Relaxation, Nursing Care

Reference List: 15 books (2017–2024), 27 scientific journals, 9 internet sources, and 6 scientific papers.