ABSTRACT

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DIFFERENCE OF HEALTHY WALK AND PROGRESSIVE MUSCLE RELAXATION THERAPY FOR LOWERING BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION IN WORK PLACE PUSKESMAS NGORESAN KOTA SURAKARTA

ABSTRACT

Introduction: Hypertension is a condition where human's blood pressure is higher than normal, with systolic values >140 mmHg and diastolic values >90 mmHg. In 2015 there were 52,637 cases of hypertension and increased to 59,028 cases in 2016, then decreased to 28,919 cases in 2017 and still ranked at the first place as non-contagious diseases in Surakarta Regional Health Center. Non-pharmacological management of blood pressure reduction can be done by doing healthy walking and progressive muscle relaxation. Objective: To determine differences of treatment between healthy walk and progressive muscle relaxation to decrease blood pressure of hypertension patients in Puskesmas Ngoresan Surakarta. Methods: Quantitative analytical experimentally using true experimental with pretest-posttest with two group design, the sample are 32 respondents composed of 16 groups of healthy walk and 16 groups of progressive muscle relaxation with purposive sampling technique. Results: Based on the results obtained Mann-Whitney test, p value 0.041 (p <0.05) Ha was accepted and Ho was rejected, it showed that there are difference between healthy walk and progressive muscle relaxation to decrease blood pressure of hypertension patients in Puskesmas Ngoresan Surakarta. Conclusion: There are treatment differences between healthy walk and progressive muscle relaxation to decrease blood pressure of hypertension patients in Puskesmas Ngoresan Surakarta.

Keywords: Blood Pressure, Healthy Walk, Hypertension, Progressive Muscle Relaxation.