

ABSTRAK

EFEKTIFITAS LATIHAN RELAKSASI OTOT PROGRESIF TERHADAP PERUBAHAN TEKANAN DARAH PADA PASIEN HIPERTENSI

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Hipertensi atau penyakit tekanan darah tinggi adalah suatu gangguan pada pembuluh darah yang mengakibatkan suplai oksigen dan nutrisi yang dibawa oleh darah menjadi terhambat sampai ke jaringan tubuh yang membutuhkannya. Tujuan penelitian ini untuk menganalisis efektifitas latihan relaksasi otot progresif terhadap perubahan tekanan darah pada pasien hipertensi di Ruang Sakura RSUD Syamrabu Bangkalan. Desain penelitian pra eksperimen dengan *pre-test, post-test*. Populasi seluruh pasien hipertensi di ruang Sakura RSUD Syamrabu Bangkalan sejumlah 45 dengan sampel 30 dengan *Conservative sampling*. Variabel independen latihan relaksasi otot progresif dan dependen tekanan darah. Instrumen menggunakan spigmomanometer digital dan SOP. Analisa menggunakan uji *wilcoxon test*. Hasil penelitian didapatkan tekanan darah pada pasien hipertensi sebelum diberikan latihan relaksasi otot progresif di Ruang Sakura RSUD Syamrabu Bangkalan hampir setengahnya menunjukkan normal tinggi sejumlah 14 (46.7%), sesudah diberikan latihan relaksasi otot progresif hampir setengahnya menunjukkan normal sejumlah 13 (43.3%) dan normal tinggi sejumlah 13 (43.3%). Hasil uji Wilcoxon menunjukkan nilai p value $0.000 < 0,05$, yang artinya terdapat efektifitas latihan relaksasi otot progresif terhadap perubahan tekanan darah pada pasien hipertensi di Ruang Sakura RSUD Syamrabu Bangkalan. Efektivitasnya terletak pada kemampuannya meredakan ketegangan fisik dan mental yang dapat memicu peningkatan tekanan darah, serta mengurangi aktivitas sistem saraf simpatik yang berperan dalam respon "fight or flight." Dengan mengendurkan otot secara bertahap, tubuh menjadi lebih rileks, menurunkan denyut jantung, dan tekanan darah

Kata Kunci: Relaksasi Otot Progresif, Tekanan Darah, Hipertensi

ABSTRACT

EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION EXERCISES ON CHANGES IN BLOOD PRESSURE IN HYPERTENSION PATIENTS

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Hypertension or high blood pressure is a disorder of the blood vessels which results in the supply of oxygen and nutrients carried by the blood being hampered from reaching the body tissues that need them. The aim of this study was to analyze the effectiveness of progressive muscle relaxation training on changes in blood pressure in hypertensive patients in the Sakura Room at Syamrabu Hospital, Bangkalan. Pre-experimental research design with pre-test, post-test. The population of all hypertensive patients in the Sakura room at Syamrabu Bangkalan Hospital is 45 with a sample of 30 using conservative sampling. The independent variable is progressive muscle relaxation training and the dependent variable is blood pressure. The instrument uses a digital sphygmomanometer and SOP. Analysis uses the Wilcoxon test. The results of the study showed that blood pressure in hypertensive patients before being given progressive muscle relaxation exercises in the Sakura Room at Syamrabu Bangkalan District Hospital, almost half showed high normal, 14 (46.7%), after being given progressive muscle relaxation exercises, almost half showed normal, 13 (43.3%) and normal. high number of 13 (43.3%). The Wilcoxon test results show a p value of $0.000 < 0.05$, which means that there is effectiveness of progressive muscle relaxation training on changes in blood pressure in hypertensive patients in the Sakura Room at Syamrabu Hospital, Bangkalan. Its effectiveness lies in its ability to relieve physical and mental tension that can trigger an increase in blood pressure, as well as reducing the activity of the sympathetic nervous system which plays a role in the "fight or flight" response. By gradually relaxing the muscles, the body becomes more relaxed, lowering heart rate and blood pressure

Keywords: Progressive Muscle Relaxation, Blood Pressure, Hypertension