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**EFEKTIVITAS INTERVENSI RELAKSASI OTOT PROGRESIF TERHADAP
PENURUNAN TEKANAN DARAH PASIEN HIPERTENSI DI RUANG
DOMINIKUS RSUD PAD KOTA CIREBON**

xviii+46 halaman+6 tabel+1 gambar+2 bagan+14 lampiran

ABSTRAK

Hipertensi merupakan suatu kondisi dimana tekanan darah sistolik lebih dari 140 mmHg dan tekanan darah diastolik lebih dari 90 mmHg, hipertensi sering disebut sebagai *silent killer* karena dapat menyebabkan kematian. Salah satu penatalaksanaan dalam mengatasi hipertensi dengan terapi relaksasi otot progresif. Tujuan dari penelitian ini untuk mengetahui efektivitas intervensi relaksasi otot progresif terhadap penurunan tekanan darah pasien hipertensi di ruang dominikus RSUD PAD Kota Cirebon.

Penelitian ini menggunakan metode penelitian kuantitatif, dengan *true eksperimental* desain melalui pendekatan *control group pre-test post test*. Pengambilan sampel menggunakan purposive sampling dengan jumlah 44 sampel dengan kriteria inklusi dan eksklusi. Pengambilan data menggunakan lembar observasi berupa SOP. Analisa yang digunakan uji paired sampel t-test. Tempat penelitian dilakukan di ruang dominikus RSUD PAD Kota Cirebon dengan waktu 36 jam 3 kali pertemuan dimana satu pertemuan 25-30 menit perorang.

Hasil penelitian didapatkan nilai tekanan darah sebelum dilakukan intervensi relaksasi otot progresif didapatkan 13 sampel (29,5%) masuk dalam kriteria hipertensi tahap 2, dan 31 sampel (70,5%) dengan hipertensi tahap 1. Sedangkan nilai tekanan darah sesudah dilakukan intervensi relaksasi otot progresif didapatkan 2 sampel (4,5%) masuk kategori hipertensi tahap 2, selanjutnya 8 sampel (18,2%) masuk dalam hipertensi tahap 1 dan 32 sampel (77,3%) dengan kategori prehipertensi. Hasil penelitian terdapat efektivitas intervensi relaksasi otot progresif terhadap penurunan tekanan darah pasien hipertensi di ruang dominikus RSUD PAD Kota Cirebon dengan nilai $p\text{ value} < \alpha$ ($p\text{-value} = 0.000$ $\alpha = 0.05$).

Saran pada penelitian ini alangkah baiknya pasien hipertensi melakukan relaksasi otot progresif minimal sekali dalam sehari sehingga pasien memiliki alternatif lain dalam menurunkan tekanan darah selain menggunakan obat-obatan.

Kata Kunci : Relaksasi Otot Progresif, Tekanan Darah, Penurunan Tekanan darah, Hipertensi

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**EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION
INTERVENTION ON REDUCING BLOOD PRESSURE IN HYPERTENSION
PATIENTS IN THE DOMINIKUS ROOM PAD RSU CIREBON CITY**

xviii+46 pages+6 tables+1 pictures+2ncharts+14 appendices

ABSTRACT

Hypertension is a condition where the systolic blood pressure is more than 140 mmHg and the diastolic blood pressure is more than 90 mmHg. Hypertension is often referred to as the silent killer because it can cause death. One of the treatments for treating hypertension is progressive muscle relaxation therapy. The aim of this study was to determine the effectiveness of progressive muscle relaxation intervention in reducing blood pressure in hypertensive patients in the dominikus room at RSU PAD Cirebon City.

This research uses quantitative research methods, with a true experimental design through a pre-test post test control group approach. Sampling used purposive sampling with a total of 44 samples with inclusion and exclusion criteria. Data collection uses an observation sheet in the form of an SOP. The analysis used the paired sample t-test. The research location was carried out in the dominikus room at RSU PAD Cirebon City with a time of 36 hours for 3 meetings where one meeting took 25-30 minutes per person.

The results of the study showed that blood pressure values before the progressive muscle relaxation intervention were carried out, 13 samples (29.5%) were in the criteria for stage 2 hypertension, and 31 samples (70.5%) had stage 1 hypertension. Meanwhile, blood pressure values after the relaxation intervention were carried out. Progressive muscle showed that 1 sample (2.3%) was in the stage 2 hypertension category, then 1 sample (2.3%) was in stage 1 hypertension and 42 samples (95.5%) were in the prehypertension category. The results of the study showed the effectiveness of progressive muscle relaxation intervention in reducing blood pressure in hypertensive patients in the dominikus room at RSU PAD Cirebon City with a p value $< \alpha$ (p-value = 0.000 $\alpha = 0.05$).

The suggestion in this study would be for hypertensive patients to do progressive muscle relaxation at least once a day so that patients have other alternatives for lowering blood pressure besides using medication.

Keywords : Progressive Muscle Relaxation, Blood Pressure, Decreased Blood Pressure, Hypertension

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