

PENGARUH KOMBINASI RELAKSASI OTOT PROGRESIF DAN PERNAPASAN DIAFRAGMA TERHADAP TEKANAN DARAH PADA PENYANDANG HIPERTENSI DI PUSKESMAS TURI SLEMAN YOGYAKARTA

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ABSTRAK

Latar Belakang: Hipertensi merupakan penyakit yang ditandai dengan peningkatan tekanan darah yang angka insidensinya semakin meningkat tiap tahunnya. Hipertensi dalam jangka panjang dapat mengakibatkan komplikasi seperti stroke, gagal jantung, gagal ginjal, bahkan kematian. Salah satu pengobatan non-farmakologis untuk mengangani hipertensi yaitu terapi komplementer melalui kombinasi relaksasi otot progresif dan pernapasan diafragma. Terapi kombinasi ini mampu menekan vasokonstriksi dan mengaktivasi *barorefleks* sehingga meningkatkan aktivitas saraf parasimpatis serta merangsang vasodilatasi yang berdampak pada penurunan tekanan darah.

Tujuan Penelitian: Tujuan penelitian ini yaitu teridentifikasinya pengaruh kombinasi relaksasi otot progresif dan pernapasan diafragma terhadap tekanan darah pada penyandang hipertensi di Puskesmas Turi Sleman Yogyakarta.

Metode Penelitian: Jenis penelitian ini yaitu *quasy eksperiment* dengan *pre test post test with control group design*. Teknik pengambilan data menggunakan *purposive sampling* dengan 64 responden. Instrumen yang digunakan yaitu *Sphygmomanometer* dan Stetoskop. Hasil penelitian dianalisis statistika dengan uji *Wilcoxon* dan uji *Mann Whitney*.

Hasil Penelitian: Hasil uji *Mann Whitney* didapatkan nilai signifikansi tekanan darah sistolik dan diastolik ($P < 0.05$), yang berarti terdapat penurunan tekanan darah sebelum dan setelah dilakukan kombinasi relaksasi otot progresif dan pernapasan diafragma. Rata-rata penurunan tekanan darah sistolik dan diastolik setelah perlakuan sebesar 9,688 mmHg dan 9,375 mmHg.

Kesimpulan: Ada pengaruh kombinasi relaksasi otot progresif dan pernapasan diafragma terhadap tekanan darah pada penyandang hipertensi di Puskesmas Turi Sleman Yogyakarta.

Kata Kunci: Hipertensi, Pernapasan Diafragma, Relaksasi Otot Progresif, Tekanan Darah, Terapi Kombinasi

THE EFFECT OF COMBINATION OF PROGRESSIVE MUSCLE RELAXATION AND DIAPHRAGM BREATHING ON BLOOD PRESSURE IN PEOPLE WITH HYPERTENSION AT PUSKESMAS TURI SLEMAN YOGYAKARTA

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ABSTRACT

Background: Hypertension is a disease characterized by an increase in blood pressure, the incidence of which is increasing every year. Hypertension in the long term can lead to complications such as stroke, heart failure, kidney failure, and even death. One of the non-pharmacological treatments for treating hypertension is complementary therapy through a combination of progressive muscle relaxation and diaphragmatic breathing. This combination therapy can suppress vasoconstriction and activate baroreflexes thereby increasing parasympathetic nerve activity and stimulating vasodilation which results in a decrease in blood pressure.

Objective: The purpose of this research was to identify the effect of a combination of progressive muscle relaxation and diaphragmatic breathing on blood pressure in people with hypertension at Turi Health Center.

Methods: This type of research is quasyexperiment with pre test post test with control group design. Data collection technique using purposive sampling with 64 respondents. The instruments used are Sphygmomanometer and Stethoscope. The results of research were analyzed statistically with the Wilcoxon test and the Mann Whitney test.

Result: The results of the Mann Whitney test showed significant values for systolic and diastolic blood pressure $P < 0.05$, which means there was a decrease in blood pressure before and after combination of progressive muscle relaxation and diaphragmatic breathing. The average decrease in systolic and diastolic blood pressure after treatment was 9.688 mmHg and 9.375 mmHg.

Conclusion: There is a combined effect of progressive muscle relaxation and diaphragmatic breathing on blood pressure in people with hypertension at Turi Health Center

Keywords: Blood Pressure, Combination Therapy, Diaphragmatic Breathing, Hypertension, Progressive Muscle Relaxation