

**APPLICATION OF AUTOGENIC RELAXATION TO REDUCE BLOOD
PRESSURE IN HYPERTENSIVE PATIENTS IN INDRAPRASTHA
ROOM 2 RSUP Dr. SARDJITO YOGYAKARTA**

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ABSTRACT

Background: Hypertension is a global health problem because hypertension can not only cause death but the number of hypertensive suffers is increasing. Pastients who suffer from hypertension are at risk of experiencing ineffective cerebral tissue perfusion, which is a condition of decreased brain tissue circulation due to increased intracranial pressure which can cause complications of bleeding in the brain due to arthelosclerosis so that blood circulation becomes vulnerable which will ultimately give rise to nursing problems, the risk of ineffective cerebral perfusion.

Objective: To obtain a real picture and experience in applying autogenic relaxation to fulfill circulatory needs: the risk of ineffective cerebral perfusion in hypertensive patients in the Indraprasta 2 room at RSUP Dr. Sardjito Yogyakarta.

Methods: Case study involved two patients with hypertension who underwent. The instrument was a Standars Operating Procedure for autogenic relaxation. Blood pressure measurement used a sphygmomanometer. Autogenic relaxation was carried out for 15 minutes once per day for three days.

Results: Nursing problems in both patients were at risk of ineffective cerebral perfusion related to hypertension and increased intracranial pressure. After carried out autogenic relaxation interventon for 3x7 hours, the nursing problem was partially resolved with a decrease in blood pressure.

Conclusion: Application of autogenic relaxation can reduce blood pressure in hypertensive patients.

Keywords: Autogenic Relaxation, Hypertension

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**PENERAPAN RELAKSASI AUTOGENIK TERHADAP PENURUNAN
TEKANAN DARAH PASIEN HIPERTENSI DI RUANG
INDRAPRASTHA 2 RSUP Dr. SARDJITO
YOGYAKARTA**

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ABSTRAK

Latar Belakang : Hipertensi merupakan masalah kesehatan global karena hipertensi tidak hanya bisa menimbulkan kematian tetapi jumlah penderita hipertensi mengalami peningkatan. Pasien yang menderita hipertensi berisiko mengalami ketidakefektifan perfusi jaringan serebral yang merupakan kondisi menurunnya sirkulasi jaringan otak dikarenakan terjadi peningkatan tekanan intrakranial yang dapat menimbulkan komplikasi perdarahan pada otak oleh arthelosklerosis, sehingga sirkulasi darah menjadi rentan yang akhirnya akan memunculkan masalah keperawatan risiko perfusi serebral tidak efektif.

Tujuan : Untuk memperoleh gambaran dan pengalaman nyata dalam menerapkan relaksasi autogenik dalam pemenuhan kebutuhan sirkulasi: risiko perfusi serebral tidak efektif pada pasien hipertensi di ruang indraprastha 2 RSUP Dr. Sardjito Yogyakarta.

Metode : Studi kasus yang melibatkan dua pasien dengan hipertensi yang menjalani. Instrumen berupa SOP relaksasi autogenik. Pengukuran tekanan darah menggunakan *sphygmomanometer*. Pelaksanaan relaksasi autogenik dilakukan dengan waktu 15 menit dalam satu kali/hari pelaksanaan yang dilakukan selama tiga hari.

Hasil : Masalah keperawatan pada kedua pasien risiko perfusi serebral tidak efektif berhubungan dengan hipertensi dan peningkatan tekanan intrakranial. Setelah dilakukan intervensi relaksasi autogenik selama 3x7 jam masalah keperawatan teratasi sebagian dengan terjadi penurunan tekanan darah.

Kesimpulan : Penerapan relaksasi autogenik dapat menurunkan tekanan darah pada pasien hipertensi.

Kata Kunci : Relaksasi Autogenik, Hipertensi

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