

## REVIEW LITERATUR

### PENGARUH PROGRESSIVE MUSCLE RELAXATION TERHADAP TEKANAN DARAH PADA PENDERITA HIPERTENSI

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#### ABSTRAK

**Latar belakang:** *Progressive Muscle Relaxation* (PMR) merupakan salah satu metode relaksasi latihan yang dapat dilakukan dalam posisi tidur maupun duduk sehingga dapat dilakukan kapan saja dan dimana saja, berfungsi sebagai mengurangi stres dan membuat tubuh rileks. Relaksasi ini menjadi metode relaksasi termurah, tidak ada efek samping, mudah dilakukan, membuat tubuh dan pikiran terasa tenang dan rileks. Teknik *progressive muscle relaxation* dapat menurunkan tekanan darah dan denyut nadi, serta menurunkan konsumsi oksigen. **Tujuan:** Penelitian ini bertujuan untuk mengidentifikasi pengaruh *Progressive Muscle Relaxation* terhadap tekanan darah pada penderita hipertensi. **Metodologi:** Penelusuran jurnal dengan menggunakan database penelitian keperawatan dan kesehatan yaitu *Google Scholar*, *Pubmed*, *Research gate*, dan *garuda* untuk menentukan jurnal sesuai kriteria inklusi dan eksklusi kemudian dilakukan review. **Hasil:** Berdasarkan analisa jurnal yang telah dibandingkan dari 9 jurnal didapatkan bahwa tindakan *Progressive Muscle Relaxation* menunjukkan hasil yang efektif dalam penurunan tekanan darah pada penderita hipertensi menunjukkan *p-value* antara  $0.000-0.001 \leq \alpha$ . **Kesimpulan:** Terdapat pengaruh *Progressive Muscle Relaxation* terhadap tekanan darah pada penderita hipertensi

Kata Kunci: *Progressive Muscle Relaxation*, tekanan darah, hipertensi

## RIVIEW LITERATUR

### THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION ON BLOOD PRESSURE IN HYPERTENSION PATIENTS

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#### ABSTRACT

**Background:** Progressive Muscle Relaxation (PMR) is a method of relaxation exercise that can be done in a sleeping or sitting position so that it can be done anytime and anywhere, serves to reduce stress and relax the body. This relaxation is the cheapest relaxation method, there are no side effects, easy to do, makes the body and mind feel calm and relaxed. Progressive muscle relaxation techniques can lower blood pressure and pulse rate, and reduce oxygen consumption. **Objective:** This study aims to identify the effect of Progressive Muscle Relaxation on blood pressure in hypertensive patients. **Methodology:** urnal search using nursing and health research databases, namely Google Scholar, Pubmed, Research gate, and Garuda to determine journals according to inclusion and exclusion criteria, then a review is carried out. **Results:** Based on the analysis of journals that have been compared from 9 journals, it was found that the Progressive Muscle Relaxation action showed effective results in reducing blood pressure in patients with hypertension showing p-value between  $0.000-0.001 \leq \alpha$ . **Conclusion:** There is an effect of Progressive Muscle Relaxation on blood pressure in patients with hypertension.

Keywords: Progressive Muscle Relaxation, Blood pressure, hypertension