

PENGARUH KOMBINASI RELAKSASI AUTOGENIK DAN MUSIK INSTRUMEN SUARA ALAM TERHADAP TEKANAN DARAH PADA PENYANDANG HIPERTENSI DI PUSKESMAS TEMPEL I

Dinka Anindya Putri¹, Tri Widyastuti Handayani², Tri Prabowo³
^{1,2,3}Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email : dinkaputri94@gmail.com

ABSTRAK

Latar Belakang: Hipertensi merupakan penyakit tidak menular yang prevalensinya terus meningkat dan menjadi penyebab kematian utama di dunia. Penatalaksanaan hipertensi tidak hanya dilakukan secara farmakologis, tetapi juga melalui pendekatan non-farmakologis, salah satunya dengan teknik relaksasi.

Tujuan: Mengetahui pengaruh kombinasi relaksasi autogenik dan musik instrumen suara alam terhadap tekanan darah penyandang hipertensi di Puskesmas Tempel I.

Metode: Penelitian ini menggunakan desain *quasi-experiment* dengan pendekatan *pre-test and post-test with control group*. Pengambilan sampel dengan metode *total sampling*. Sampel berjumlah 80 responden yang dibagi menjadi kelompok eksperimen dan kontrol. Intervensi pada kelompok eksperimen berupa kombinasi relaksasi autogenik dan musik instrumen suara alam. Kelompok kontrol diberikan edukasi kesehatan tentang hipertensi melalui leaflet. Pengukuran tekanan darah dilakukan sebelum dan sesudah intervensi, dianalisis dengan uji *Wilcoxon* dan *Mann-Whitney*.

Hasil: Terdapat penurunan signifikan tekanan darah sistol dan diastol pada kelompok eksperimen dengan nilai $p = 0,000$. Rerata penurunan tekanan darah sistol sebesar 12,71 mmHg dan diastol sebesar 8,95 mmHg. Kelompok kontrol juga menunjukkan penurunan namun tidak sebesar kelompok eksperimen ($p = 0,027$ untuk sistol dan $p = 0,012$ untuk diastol).

Kesimpulan: Kombinasi relaksasi autogenik dan musik instrumen suara alam efektif dalam menurunkan tekanan darah pada penyandang hipertensi dan dapat dijadikan sebagai terapi non-farmakologis pendukung dalam pengelolaan hipertensi.

Kata Kunci: Hipertensi, Relaksasi Autogenik, Musik Instrumen Suara Alam, Prolanis.

¹Mahasiswa Poltekkes Kemenkes Yogyakarta

^{2,3}Dosen Poltekkes Kemenkes Yogyakarta

THE EFFECT OF COMBINATION AUTOGENIC RELAXATION AND NATURE SOUND INSTRUMENTAL MUSIC ON BLOOD PRESSURE IN PEOPLE WITH HYPERTENSION AT TEMPEL I HEALTH CENTER

Dinka Anindya Putri¹, Tri Widyastuti Handayani², Tri Prabowo³

¹²³Department of Nursing, Health Polytechnic of the Ministry of Health
Yogyakarta

Jl. Tata Bumi No. 3, Banyuraden, Gamping, Sleman, Yogyakarta 55293

Email: dinkaputri94@gmail.com

ABSTRACT

Background: Hypertension is one of the most prevalent non-communicable diseases and remains a leading cause of death worldwide. The management of hypertension is not only carried out pharmacologically but also through non-pharmacological approaches, one of which is relaxation techniques.

Objective: To determine the effect of a combination of autogenic relaxation and instrumental natural sound music on blood pressure among individuals with hypertension at Tempel I Public Health Center.

Methods: This study used a quasi-experimental design with a pre-test and post-test control group approach. The sample was taken using total sampling, involving 80 respondents divided equally into an experimental group and a control group. The experimental group received a combination of autogenic relaxation and instrumental natural sound music, while the control group received health education on hypertension through a leaflet. Blood pressure was measured before and after the intervention and analyzed using the Wilcoxon and Mann-Whitney tests.

Results: There was a significant reduction in both systolic and diastolic blood pressure in the experimental group ($p = 0.000$). The average decrease in systolic blood pressure was 12.71 mmHg and in diastolic blood pressure was 8.95 mmHg. The control group also showed a reduction, though less significant ($p = 0.027$ for systolic and $p = 0.012$ for diastolic).

Conclusion: The combination of autogenic relaxation and instrumental natural sound music is effective in lowering blood pressure among individuals with hypertension and can be used as a supportive non-pharmacological therapy in hypertension management.

Keywords: Hypertension, Autogenic Relaxation, Instrumental Natural Sound Music, Prolanis.

¹Students of the Ministry of Health Polytechnic of Yogyakarta

^{2,3}Lecturers of the Ministry of Health Polytechnic of Yogyakarta