

## ABSTRACT

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The influence of progressive muscle relaxation techniques to the level anxiety and decrease blood pressure of hypertensive patients in Islamic Hospital Siti Khadijah Palembang

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Keywords: hypertension, progressive muscle relaxation techniques, the level anxiety, blood pressure (xix + 94 pages + 21 tables + 14 picture + 12 attachment)

**Background:** According to WHO 2012 there are 839 million cases of hypertension, patients with hypertension more experienced by women (30%) and men (29%). Hypertension is an increase in blood pressure exceeding 160/95 mmHg. One of the causes of hypertension is anxiety. Nursing interventions that can be given is by performing progressive muscle relaxation techniques.

**Purpose:** This study aims to knowing the influence of progressive muscle relaxation techniques to the level anxiety and decrease blood pressure of hypertensive patients in Islamic Hospital Siti Khadijah Palembang.

**Method:** Pre experimental method is implemented in this study with one group pre-posttest design and sample of 20 people.

**Result:** The level of anxiety before the technique of progressive muscle relaxation is severe anxiety(90%), moderate anxiety(10%) and the level of anxiety after the technique of progressive muscle relaxation is severe anxiety(80%), mild anxiety(5%) while blood pressure before the technique of progressive muscle relaxation is severe hypertension(25%), moderate hypertension(75%) and blood pressure after the technique of progressive muscle relaxation is moderate hypertension(35%), mild hypertension(65%). The result of statistical test using Spearman test obtained p value the level anxiety 0,001 and p value blood pressure 0,001 which means there was significant influence of progressive muscle relaxation techniques to the level anxiety and decrease blood pressure of hypertensive patients. It is expected that patients can perform progressive muscle relaxation techniques independently

Reference: 2008-2016