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Application Of Autogenic Relaxation Therapy To Communities With High Blood Pressure In Sawah Lebar Urban Village, Ratu Agung Sub-District, Bengkulu City

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Abstract. Hypertension is an invisible killer that rarely causes symptoms. Increasing public awareness is key, as is access to early detection. Rising blood pressure is a serious warning sign that important lifestyle changes are urgently needed. One of the other factors that affect hypertension is a family history, biological parents have a history of hypertension then it will be a 45% chance of being passed on to their offspring, and if only one parent has hypertension then there is a 30% chance that it will be passed on to their offspring. Patient knowledge and awareness about hypertension is an important factor in achieving blood pressure control. Knowledge about hypertension is a bad lifestyle habit that contributes to the occurrence of hypertension, If a person's weight increases, then the blood volume will also increase so that the burden of the heart in pumping blood also increases. Autogenic relaxation has its own uniqueness compared to other relaxations, namely it can have an effect on blood pressure and pulse frequency immediately after treatment.

Keywords: *Hypertension, Education Health*

INTRODUCTION

Hypertension is an invisible killer that rarely causes symptoms. Increased public awareness is key, as is access to early detection. Rising blood pressure is a serious warning sign that important lifestyle changes are needed. According to (World Health Organization (WHO), 2023) estimates the current prevalence of hypertension at the world level at 22% of the total population in the world. African countries have the highest prevalence of hypertension in the world at 27%, while Southeast Asia has the third highest prevalence of hypertension at 25% of the total population and the lowest prevalence of hypertension is reported in the Americas at 18%. Deaths from non-communicable diseases, one of which is caused by hypertension, have increased continuously every year throughout the world. Deaths from non-communicable diseases, one of which is caused by hypertension, have increased continuously every year throughout the world.

One of the other factors affecting hypertension is family history, biological parents have a history of hypertension it will be a 45% chance of being passed on to their offspring, and if only one parent has hypertension then a 30% chance will be passed on to their offspring. Patients' knowledge and awareness of hypertension is an important factor in achieving blood pressure control. Knowledge about hypertension is a bad lifestyle habit that contributes to the occurrence of hypertension, If a person's weight increases, the volume of blood will also increase so that

the burden on the heart in pumping blood also increases. Autogenic relaxation has its own uniqueness compared to other relaxation, which can have an effect on blood pressure and pulse frequency immediately after treatment.

RESEARCH METHODS

This service is carried out in the village where this village is where students / I conduct Real Work Lectures (KKN) Study Program of the Faculty of Health Sciences, Dehasen University Bengkulu. The target is people who suffer from hypertension on merawan road 20 rt.26 rw.07 no.82 sawah lebar village, ratu agung sub-district, bengkulu city. The work began with a request for permission from the Head of the RT and CI Puskesmas. Then conducting an assessment on Jalan Merawan 20 rt.26 rw.07 no.82 sawah lebar urban village, ratu agung sub-district, bengkulu city. From the results of the assessment, it was found that the priority problem was hypertension, so autogenic relaxation therapy activities were carried out.

This community service activity was carried out on Saturday, July 13, 2024, at 16.00 WIB until completion, at the residents' homes. The sequence of this activity is:

1. People who suffer from hypertension come and fill in the attendance list.
2. Provide counseling on autogenic relaxation therapy
3. Opened a question and answer session
4. Demonstrating autogenic relaxation therapy
5. Filing the examination results

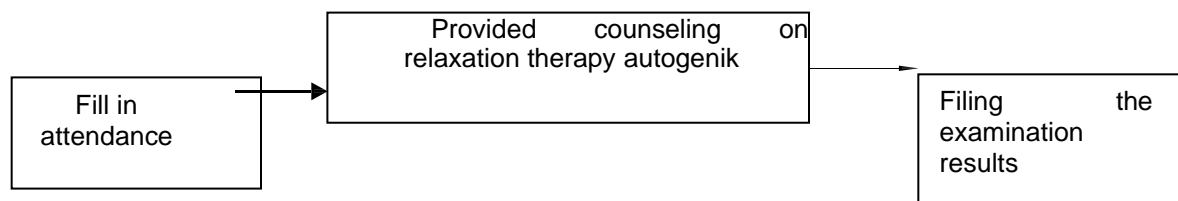


Figure 1 Flow of Autogenic Relaxation Therapy Activities

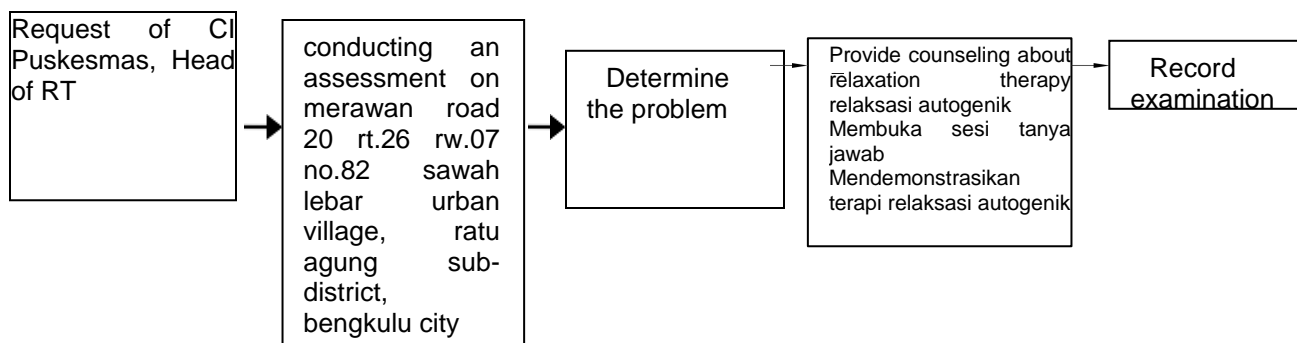


Figure 2 Schematic Of Autogenic Relaxation Therapy Activities

RESULTS AND DISCUSSION

Community service was carried out on Saturday, July 13, 2024, at 16.00 WIB until completion, at the residents' homes. The target is people who suffer from hypertension on merawan road 20 rt.26 rw.07 no.82 sawah lebar village, ratu agung sub-district, bengkulu city.

Autogenic Relaxation Therapy

The results in this counseling activity, the people who suffer from hypertension in autogenic relaxation therapy activities are very enthusiastic about participating in activities from the beginning until the activity is completed.

Autogenic Relaxation Therapy

Day/Date: Saturday, July 13, 2024

Hours : 16.00 WIB to finish

Place : resident's house

The activity began by providing counseling on autogenic relaxation therapy with 20 people present. The people who suffer from hypertension in autogenic relaxation therapy activities are very enthusiastic about participating in activities from the beginning until the activity is completed.

Problem solving

The goal itself at the end of the activity process, it is hoped that people who suffer from hypertension on merawan road 20 rt.26 rw.07 no.82 sawah lebar village, ratu agung sub-district, Bengkulu city can find out about autogenic relaxation therapy and can demonstrate it. The benefit of this activity is that people suffering from hypertension can benefit from the knowledge gained during counseling and make a new routine that should be done at home related to this autogenic relaxation therapy.



Figure 3 Autogenic Relaxation Therapy Activity

CONCLUSION

Hypertension is an invisible killer that rarely causes symptoms. Increased public awareness is key, as is access to early detection. Rising blood pressure is a serious warning sign that important lifestyle changes are needed. Autogenic relaxation is unique compared to other relaxations in that it can have an effect on blood pressure and pulse frequency immediately after treatment.

The results in this counseling activity, the people who suffer from hypertension in autogenic relaxation therapy activities are very enthusiastic about participating in activities from the beginning until the activity is completed.

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