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Application Of Progressive Muscle Relaxation Meditation Therapy In An Aggregate Community Of Elderly With Hypertension 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. Progressive muscle relaxation techniques are deep muscle relaxation techniques that do not require imagination, perseverance, or suggestion, based on the belief that the human body responds to anxiety and thought-provoking events with muscle tension to have an effect on blood pressure. The method used in this activity is to demonstrate progressive muscle relaxation meditation therapy to the community in Sawah Lebar Village, Bengkulu City. As a result of this counseling activity, the people who suffer from hypertension in progressive muscle relaxation meditation relaxation therapy activities are very enthusiastic about participating in activities starting from the beginning until the activity is completed.

Keywords: *Hypertension, Education Healty*

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 of 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. Progressive muscle relaxation technique is a deep muscle relaxation technique that does not require imagination, perseverance, or suggestion. based on the belief that the human body responds to anxiety and events that stimulate the mind with muscle tension to have an effect on blood pressure.

RESEARCH METHODS

This service is carried out in the village where this village is where students / I conduct Real Work Lectures (KKN) Study Program 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 method of work begins with an application for permission to 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 progressive muscle relaxation meditation therapy activities were carried out.

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

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

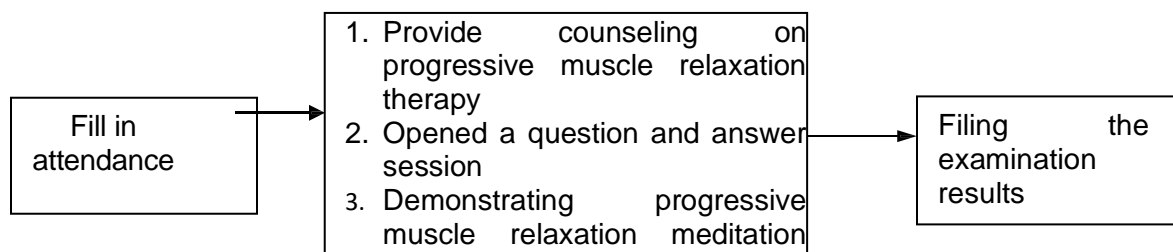


Figure 1 Flow of Progressive Muscle Relaxation Meditation Therapy Activities

RESULTS AND DISCUSSION

Community service was carried out on Saturday, July 13, 2024, at 16.00 WIB, at a resident's house. 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.

Progressive Muscle Meditation Therapy

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

Progressive Muscle Meditation Therapy

Day/Date: Saturday, July 13, 2024

Hours: 16.00 WIB to finish

Place : Resident's house

The activity began by providing counseling on progressive muscle relaxation meditation therapy with 20 people present. The people who suffer from hypertension in progressive muscle relaxation meditation 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 suffering 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 progressive muscle relaxation meditation 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 regarding this progressive muscle relaxation meditation therapy.



Figure 2 Progressive Muscle Relaxation Meditation 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. Progressive muscle relaxation technique is a deep muscle relaxation technique that does not require imagination, perseverance, or suggestion, based on the belief that the human body responds to anxiety and mind-stimulating events with muscle tension to have an effect on blood pressure.

The results in this counseling activity, the people who suffer from hypertension in progressive muscle relaxation meditation therapy activities are very enthusiastic about participating in activities starting from the beginning until the activity is finished..

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