

# Program Pengendalian Hipertensi pada Lansia melalui Terapi Musik, Relaksasi Otot Progresif dan Relaksasi Nafas Dalam (Program Merona) di Kelurahan Limo Kota Depok = Hypertension Control Program in The Elderly through Music Therapy, Progressive Muscle Relaxation and Deep Breathing Relaxation (The Merona Program) in Limo Village, Depok City

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## Abstrak

Hipertensi merupakan penyakit yang dapat menyebabkan kematian secara diam-diam (silent killer) karena tidak disadari oleh penderitanya. Hipertensi juga menjadi masalah kesehatan yang paling banyak dialami lansia. Pengendalian hipertensi pada lansia diharapkan dapat mengurangi komplikasi akibat hipertensi. Oleh karena itu penulis mengembangkan program pengendalian hipertensi pada lansia melalui Program MERONA. Tujuannya memberikan bukti evidence based practice dalam mengendalikan hipertensi dengan melibatkan 10 keluarga dan 60 lansia di komunitas yang dipilih menggunakan cluster random sampling. Program ini merupakan integrasi manajemen diri hipertensi dan terapi relaksasi yaitu terapi musik, relaksasi otot progresif dan relaksasi nafas dalam. Metode yang digunakan yaitu one group pre test and post test design yang dilaksanakan selama 12 minggu dengan pemantauan oleh penulis, keluarga dan support group melalui pendekatan asuhan keperawatan keluarga dan komunitas. Evaluasi terhadap perilaku lansia dan kemandirian keluarga dilakukan menggunakan kuesioner pada akhir minggu ke 12. Pengukuran tekanan darah dilakukan pada minggu ke 4, 8 dan 12. Hasil intervensi program MERONA yaitu terjadi peningkatan perilaku lansia (pengetahuan, sikap, psikomotor) dan tingkat kemandirian keluarga dalam perawatan hipertensi, adanya penurunan rerata tekanan darah sistolik dan diastolik pada lansia. Hasil penerapan program MERONA diharapkan dapat diaplikasikan dalam pelayanan kesehatan komunitas.

.....Hypertension is a disease that can cause death silently (silent killer) because the sufferer is not aware of it. Hypertension is also the most common health problem experienced by the elderly. Controlling hypertension in the elderly is expected to reduce complications due to hypertension. Therefore, the authors developed a hypertension control program in the elderly through the MERONA Program. The aim is to provide evidence based practice in controlling hypertension by involving 10 families and 60 elderly people in the community selected using cluster random sampling. This program is an integration of hypertension self-management and relaxation therapy, namely music therapy, progressive muscle relaxation and deep breathing relaxation. The method used is one group pre test and post test design which was carried out for 12 weeks with monitoring by the author, family and support group through family and community nursing care approaches. Evaluation of the behavior of the elderly and family independence was carried out using a questionnaire at the end of week 12. Blood pressure measurements were carried out at weeks 4, 8 and 12. The results of the MERONA program intervention were an increase in elderly behavior (knowledge, attitude, psychomotor) and the level of family independence in hypertension treatment, a decrease in the average systolic and diastolic blood pressure in the elderly. The results of implementing the MERONA program are expected to be applied in community health services.

Keywords: hypertension, elderly, program merona.