

Asuhan Keperawatan Keluarga dengan Hipertensi melalui Penerapan Teknik Relaksasi Benson untuk Mengontrol Tekanan Darah = Family Nursing Care for Hypertension through the Application of Benson Relaxation Techniques to Control Blood Pressure

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Abstrak

Hipertensi termasuk dalam kondisi medis kronis paling umum yang ditandai dengan peningkatan tekanan arteri secara terus-menerus. Hipertensi biasanya muncul tanpa gejala sehingga tidak disadari. Penanganan hipertensi meliputi terapi farmakologis dan terapi non farmakologis. Intervensi teknik relaksasi benson merupakan salah satu terapi non farmakologis yang dapat mengendalikan tekanan darah klien hipertensi. Penulisan karya ilmiah ini bertujuan untuk memberikan gambaran mengenai hasil intervensi penerapan teknik relaksasi benson terhadap penurunan tekanan darah pada keluarga dengan hipertensi. Intervensi teknik relaksasi benson dilakukan sebanyak lima kali pertemuan dengan durasi 20 menit tiap sesi. Pengukuran tekanan darah dilakukan sebelum dan sesudah intervensi. Terjadi penurunan tekanan darah dengan rata-rata penurunan tekanan darah sistolik sebanyak 5,6 mmHg dan rata-rata penurunan tekanan darah diastolik sebanyak 4,8 mmHg. Hasil karya ilmiah ini dapat disimpulkan bahwa intervensi teknik relaksasi benson sebagai terapi komplementer terbukti menurunkan tekanan darah diikuti dengan penerapan manajemen hipertensi lainnya.

.....Hypertension is one of the most common chronic medical conditions characterized by persistently elevated arterial pressure. Hypertension usually appears without symptoms, so it goes unnoticed. Treatment of hypertension includes pharmacological therapy and non-pharmacological therapy. The Benson relaxation technique intervention is a non-pharmacological therapy that can control the blood pressure of hypertensive clients. This scientific work aims to provide an overview of the results of interventions applying the Benson relaxation technique to reduce blood pressure in families with hypertension. The Benson relaxation technique intervention was performed five times, each session lasting 20 minutes. Blood pressure measurements were carried out before and after the intervention. There was a decrease in blood pressure with an average decrease in systolic blood pressure of 5.6 mmHg and an average decrease in diastolic blood pressure of 4.8 mmHg. The results of this scientific work show that the Benson relaxation intervention as a complementary therapy has been proven to reduce blood pressure, followed by the application of other hypertension management.