

ANALISIS ASUHAN KEPERAWATAN PADA PASIEN HIPERTENSI EMERGENSI DENGAN PENERAPAN INTERVENSI RELAKSASI BENSON TERHADAP TEKANAN DARAH, NYERI, DAN KECEMASAN DI IGD RSPAD GATOT SOEBROTO

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Abstrak

Hipertensi emergensi merupakan kondisi gawat darurat dengan peningkatan tekanan darah disertai kerusakan organ target, nyeri, dan kecemasan. Kecemasan memperburuk kondisi melalui aktivasi sistem saraf simpatis. Relaksasi Benson, sebagai intervensi nonfarmakologis, dapat menurunkan tekanan darah, nyeri, dan kecemasan. Dalam studi ini, pasien hipertensi emergensi diberikan relaksasi Benson dan dievaluasi menggunakan pengukuran tekanan darah, skala nyeri, dan HARS sebelum serta 15 dan 30 menit setelah intervensi. Hasil menunjukkan penurunan tekanan darah dan MAP, nyeri dari skala 7 menjadi 3, serta kecemasan dari sedang menjadi ringan. Relaksasi Benson terbukti efektif sebagai terapi komplementer di IGD.

Kata kunci: Hipertensi emergensi, IGD, Kecemasan, Nyeri, Relaksasi Benson, Tekanan darah

**ANALYSIS OF NURSING CARE IN EMERGENCY
HYPERTENSION PATIENTS THROUGH THE
IMPLEMENTATION OF BENSON'S RELAXATION THERAPY ON
BLOOD PRESSURE, PAIN, AND ANXIETY IN THE EMERGENCY
DEPARTMENT OF RSPAD GATOT SOEBROTO**

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Abstract

Hypertensive emergency is a critical condition characterized by a sudden increase in blood pressure accompanied by target organ damage, pain, and anxiety. Anxiety worsens the condition by activating the sympathetic nervous system. Benson relaxation, as a non-pharmacological intervention, can help reduce blood pressure, pain, and anxiety. In this study, patients with hypertensive emergencies were given Benson relaxation and evaluated using blood pressure measurements, pain scales, and the Hamilton Anxiety Rating Scale (HARS) before the intervention, and at 15 and 30 minutes afterward. The results showed a decrease in blood pressure and mean arterial pressure (MAP), pain reduced from a score of 7 to 3, and anxiety levels dropped from moderate to mild. Benson relaxation proved to be effective as a complementary therapy in the Emergency Department (ED).

Keywords: *Anxiety, Benson relaxation, Blood pressure, Emergency Department, Hypertensive Emergency, Pain.*