

**IMPLEMENTASI TEKNIK RELAKSASI OTOT PROGRESIF
TERHADAP MASALAH RISIKO PERFUSI SEREBRAL
TIDAK EFEKTIF PADA PASIEN HIPERTENSI
DI RSU TANGERANG SELATAN**

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Abstrak

Hipertensi merupakan kondisi peningkatan tekanan darah dengan rata-rata $\geq 130/80$ mmHg dan dapat menyebabkan komplikasi serius, termasuk risiko perfusi serebral tidak efektif akibat berkurangnya aliran darah ke otak yang terganggu. Kondisi tersebut merupakan salah satu masalah kesehatan global yang angka prevalensinya terus mengalami peningkatan dari tahun ke tahun. Intervensi non farmakologis dalam bentuk teknik relaksasi otot progresif terbukti mampu menekan aktivitas sistem saraf simpatis sehingga berdampak pada penurunan tekanan darah dan meningkatkan relaksasi tubuh. Penelitian ini bertujuan untuk mengevaluasi gambaran implementasi teknik relaksasi otot progresif pada pasien hipertensi yang mengalami risiko perfusi serebral tidak efektif. Penelitian ini menggunakan metode studi kasus deskriptif dengan pendekatan asuhan keperawatan komprehensif pada subjek Tn.K. Data dikumpulkan melalui empat teknik, yaitu wawancara, pemeriksaan fisik, dan dokumentasi rekam medis. Intervensi relaksasi otot progresif diterapkan satu kali sehari selama tiga hari berturut-turut dengan durasi 10 hingga 15 menit per sesi, mengacu pada standar operasional prosedur. Hasil evaluasi selama periode tersebut menunjukkan penurunan tekanan darah yang signifikan dari 156/86 mmHg menjadi 130/72 mmHg, serta penurunan skala intensitas nyeri dari skala 6 menjadi 2. Keluhan pusing berkurang serta kenyamanan dan relaksasi pasien meningkat secara signifikan. Hasil penerapan teknik relaksasi otot progresif ini mampu menurunkan tekanan darah, meredakan nyeri kepala, serta mendukung stabilitas perfusi serebral pada pasien hipertensi. Teknik ini dianjurkan untuk dilakukan secara rutin karena praktis dan ekonomis. Fasilitas kesehatan diharapkan dapat menyusun Standar Operasional Prosedur relaksasi otot progresif sebagai terapi tambahan guna meningkatkan kualitas asuhan keperawatan bagi pasien hipertensi secara berkelanjutan.

Kata kunci: Hipertensi; Implementasi; Otot; Progresif; Relaksasi

**IMPLEMENTATION OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUES
FOR INEFFECTIVE CEREBRAL PERFUSION RISK IN HYPERTENSIVE
PATIENTS AT SOUTH TANGERANG GENERAL HOSPITAL**

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Abstract

Hypertension is a condition where blood pressure rises with an average of $\geq 130/80$ mmHg and can lead to serious complications, including the risk of ineffective cerebral perfusion due to reduced blood flow to the brain. This condition is one of the global health problems, and its prevalence continues to increase year by year. Non-pharmacological interventions in the form of progressive muscle relaxation techniques have been proven to reduce sympathetic nervous system activity, which in turn lowers blood pressure and promotes body relaxation. This study aims to evaluate how progressive muscle relaxation techniques are implemented in hypertensive patients who are at risk of ineffective cerebral perfusion. This study uses a descriptive case study method with a comprehensive nursing care approach on the subject Mr. K. Data were collected through four techniques: interviews, physical examinations, and medical record documentation. Progressive muscle relaxation interventions were applied once a day for three consecutive days, lasting 10 to 15 minutes per session, following standard operational procedures. Evaluation results during this period showed a significant decrease in blood pressure from 156/86 mmHg to 130/72 mmHg, as well as a drop in pain intensity scale from 6 to 2. Complaints of dizziness decreased, and the patient's comfort and relaxation increased significantly. The results of applying this progressive muscle relaxation technique were able to lower blood pressure, relieve headaches, and support cerebral perfusion stability in hypertensive patients. This technique is recommended to be done routinely as it is practical and economical. Health facilities are expected to develop. Healthcare facilities are expected to be able to develop Standard Operating Procedures for progressive muscle relaxation as an additional therapy to continuously improve the quality of nursing care for hypertension patients.

Keywords: Hypertension; Implementation; Muscle; Progressive; Relaxation