

**Program Studi S1 Keperawatan
STIKes MERCUBAKTIJAYA PADANG
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Pengaruh Terapi Relaksasi Otot Progresif Terhadap Stres Pada Lansia Hipertensi di RW02 Kelurahan Andalas wilayah kerja Puskesmas Andalas Padang

viii + 78 halaman + 6 tabel + 2 gambar + 12 lampiran

ABSTRAK

Lansia hipertensi didunia yang mengalami stres sekitar 75 berkaitan dengan stres dan Indonesia sekitar 83,1% penderita hipertensi mengalami stres. Stres sering terjadi pada lansia hipertensi. Penatalaksanaan non farmakologi yang dapat mengatasi stres salah satunya terapi relaksasi otot progresif. Tujuan penelitian ini adalah untuk mengetahui Pengaruh Terapi Relaksasi Otot Progresif Terhadap Stres Pada Lansia Hipertensi di RW02 Kelurahan Andalas wilayah kerja Puskesmas Andalas Padang. Jenis penelitian pra-eksperimen dengan menggunakan pendekatan *One Group Pretest-Posttest Design*. Populasi pada penelitian ini seluruh lansia hipertensi bulan Juni tahun 2023 di RW02 Kelurahan Andalas Kota Padang berjumlah 69 orang dengan sampel 12 orang. Pengumpulan data dilaksanakan 03 – 16 Juli 2023. Teknik pengambilan sampel adalah *purposive sampling*. Penelitian ini dianalisa secara univariat dan bivariat menggunakan uji *T-Test Paired Samples*. Hasil penelitian menunjukkan bahwa rerata stres sebelum diberikan relaksasi otot progresif adalah 22. Rerata stres sesudah diberikan relaksasi otot progresif adalah 12,58. Ada perbedaan sebelum dan sesudah terapi relaksasi otot progresif terhadap stres pada lansia hipertensi di Puskesmas Andalas Padang ($pvalue=0,000$). Kesimpulan penelitian ini adalah ada pengaruh terapi relaksasi otot progresif terhadap stres pada lansia hipertensi. Diharapkan perawat di Puskesmas dapat memberikan edukasi mengenai pemberian terapi relaksasi otot progresif pada lansia hipertensi yang mengalami gangguan stres lansia hipertensi.

Daftar Pustaka : 33 (2011 – 2023)

Kata Kunci : Relaksasi Otot Progresif, Stres, Lansia, Hipertensi

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The Effect of Progressive Muscle Relaxation Therapy on Stress in Elderly Hypertension at the Andalas Padang Health Center

viii + 78 pages + 6 tables + 2 pictures + 12 attachments

ABSTRACT

About 75% of hypertensive elderly in the world experience stress related to stress and in Indonesia around 83.1% of hypertension sufferers experience stress. Stress often occurs in elderly hypertension. One of the non-pharmacological management that can overcome stress is progressive muscle relaxation therapy. The purpose of this study was to determine the effect of progressive muscle relaxation therapy on stress in the elderly with hypertension in RW02 Andalas Village, the working area of the Andalas Padang Health Center. This type of pre-experimental research uses the One Group Pretest-Posttest Design approach. The population in this study were all hypertensive elderly people in June 2023 in RW02 Andalas Village, Padang City totaling 69 people with a sample of 12 people. Data collection was carried out July 3 – 16, 2023. The sampling technique was purposive sampling. This study was analyzed univariately and bivariately using the T-Test Paired Samples. The results showed that the average stress before being given progressive muscle relaxation was 22. The average stress after being given progressive muscle relaxation was 12.58. There is a difference before and after progressive muscle relaxation therapy for stress in elderly hypertensives at the Andalas Padang Health Center (pvalue = 0.000). The conclusion of this study is that there is an effect of progressive muscle relaxation therapy on stress in elderly hypertensives. It is expected that nurses at the health center can provide education about giving progressive muscle relaxation therapy to hypertensive elderly who experience stress disorders in elderly hypertensives.

Bibliography : 33 (2011 – 2023)

Keywords: Progressive Muscle Relaxation, Stress, Elderly, Hypertension