

## ABSTRAK

### Keperawatan Komplementer Kombinasi *Progressive Muscle Relaxation* (PMR) dengan Musik Klasik terhadap Tekanan Darah pada Pasien Hipertensi

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**Pendahuluan** : Hipertensi merupakan salah satu penyakit yang disebabkan oleh stress. Penatalaksanaan non farmakologi yang dapat menurunkan atau mengontrol tekanan darah dengan cara kombinasi *progressive muscle relaxation* (PMR) dengan musik klasik. Tujuan dalam penelitian ini untuk mengetahui perbedaan tekanan darah sebelum dan sesudah intervensi, serta pengaruh *progressive muscle relaxation* (PMR) dengan musik klasik terhadap tekanan darah.

**Metode** : Penelitian ini menggunakan desain *one group pretest-posttest design*. Metode analisa data menggunakan uji *Shapiro-wilk* dan *paired sample t test*. Intervensi dilakukan 6 kali dalam 2 minggu selama 10 menit.

**Hasil** : Sebelum intervensi didapatkan hasil tekanan darah sistolik  $\bar{X} = 166,11$  mmHg dan (SD = 14,43; IK 95% = 158,94-173,29 mmHg) serta tekanan darah diastolik  $\bar{X} = 101,89$  mmHg dan (SD = 9,18; IK 95% = 97,32-106,46 mmHg). Sesudah intervensi didapatkan hasil tekanan darah sistolik  $\bar{X} = 127,06$  mmHg dan (SD = 9,58; IK 95% = 122,29-131,82 mmHg) serta tekanan darah diastolik  $\bar{X} = 75,00$  mmHg dan (SD = 9,56; IK 95% = 70,25-79,75 mmHg). Hasil uji statistik didapatkan *p value* <0,001.

**Diskusi** : Penelitian ini menunjukkan penatalaksanaan kombinasi terapi *progressive muscle relaxation* (PMR) dengan musik klasik memiliki pengaruh terhadap tekanan darah pada pasien hipertensi ditandai dengan terdapat penurunan tekanan darah.

Kata kunci : *Progressive muscle relaxation* (PMR), musik klasik, tekanan darah.

## ABSTRACT

### Complementary Nursing: The Combination of Progressive Muscle Relaxation (PMR) and Classical Music on Blood Pressure in Hypertensive Patients

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**Introduction :** Hypertension is a disease caused by stress. A non-pharmacological management approach that can help lower or control blood pressure is the combination of progressive muscle relaxation (PMR) with classical music. The aim of this research is to determine the difference in blood pressure before and after the intervention, as well as the effect of progressive muscle relaxation (PMR) combined with classical music on blood pressure.

**Methods :** This research used a one-group pretest-posttest design. Data analysis methods included the Shapiro-Wilk test and the paired sample t-test. The intervention was conducted six times in two weeks, with each session lasting 10 minutes.

**Results :** Before the intervention, the results showed a systolic blood pressure  $\bar{X} = 166,11$  mmHg (SD = 14,43; IK 95% = 158,94-173,29 mmHg), and a diastolic blood pressure  $\bar{X} = 101,89$  mmHg (SD = 9,18; IK 95% = 97,32-106,46 mmHg). After the intervention, the results showed a systolic blood pressure  $\bar{X} = 127,06$  mmHg (SD = 9,58; IK 95% = 122,29-131,82 mmHg), and a diastolic blood pressure  $\bar{X} = 75,00$  mmHg (SD = 9,56; IK 95% = 70,25-79,75 mmHg). Statistical analysis showed a p-value of <0.001.

**Discussion :** This research indicates that the combination of progressive muscle relaxation (PMR) therapy with classical music has an effect on blood pressure in hypertensive patients, as evidenced by a decrease in blood pressure.

Keywords: Progressive muscle relaxation (PMR), classical music, blood pressure.