

## ABSTRAK

### **Pengaruh Kombinasi Terapi Relaksasi Otot Progresif dan Dzikir terhadap Tekanan Darah pada Lansia Hipertensi di Wilayah Kerja Puskesmas Driyorejo Gresik**

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**Pendahuluan:** Hipertensi merupakan salah satu ancaman utama kesehatan di Indonesia, dengan banyak pasien hipertensi yang tidak mencapai kontrol tekanan darah meskipun telah mendapatkan pengobatan. Terapi relaksasi otot progresif dan dzikir diharapkan dapat menurunkan tekanan darah. **Metode:** Penelitian ini menggunakan desain penelitian kuantitatif *quasy-experiment* dengan metode pendekatan *pretest posttest with nonequivalent control group design*. Sampel diambil secara *simple random sampling* dari lansia hipertensi yang memenuhi kriteria inklusi sebanyak 16 kelompok perlakuan dan 16 kelompok kontrol. Variabel independen terapi relaksasi otot progresif dan dzikir, variabel dependen tekanan darah. Instrumen alat tulis, *tensimeter digital*, video, poster, *handphone*, SOP, dan lembar observasi nilai tekanan darah. dianalisis menggunakan uji *wilcoxon signed ranked test* dan uji *mann whitney*  $\alpha < 0,05$ . **Hasil:** Penelitian membuktikan terapi relaksasi efektif menurunkan tekanan darah. Kelompok terapi mengalami penurunan 14 mmhg (sistolik) dan 9 mmhg (diastolic), sementara kelompok kontrol justru mengalami kenaikan 2 mmhg (sistolik) dan 1 mmHg (diastolic). Hasil menunjukkan terapi relaksasi signifikan menurunkan tekanan darah pada penderita hipertensi. **Kesimpulan:** Terapi relaksasi otot progresif dan dzikir dapat menjadi alternatif non farmakologi menurunkan tekanan darah tinggi pada lansia hipertensi.

**Kata Kunci:** Hipertensi, Terapi Relaksasi Otot Progresif, Dzikir, Tekanan Darah, Lansia.

## ***ABSTRACT***

### ***The Effect of Combined Progressive Muscle Relaxation and Dhikr Therapy on Blood Pressure in Hypertensive Elderly in Driyorejo Gresik Health Center Work Area***

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**Introduction:** Hypertension was a major health threat in Indonesia, with many hypertensive patients not achieving blood pressure control despite receiving treatment. Progressive muscle relaxation therapy and dhikr were expected to lower blood pressure. **Method:** This research used a quantitative quasi-experimental research design with a pretest-posttest nonequivalent control group design approach. The sample was taken using simple random sampling from elderly hypertensive individuals who met the inclusion criteria, consisting of 16 treatment groups and 16 control groups. The independent variables were progressive muscle relaxation therapy and dhikr, while the dependent variable was blood pressure. The instruments were stationery, a digital sphygmomanometer, video, posters, a mobile phone, SOPs, and blood pressure observation sheets. The data were analyzed using the Wilcoxon signed-rank test and the Mann-Whitney U test with  $\alpha < 0.05$ . **Results:** the study proves that relaxation therapy effectively lowers blood pressure. The treatment group showed reductions of 14 mmHg (systolic) and 9 mmHg (diastolic). These results demonstrate that relaxation therapy significantly reduce blood pressure in hypertensive patients. **Conclusion:** Progressive muscle relaxation therapy and dzikir could be a non-pharmacological alternative to lower high blood pressure in elderly individuals with hypertension.

**Keywords:** Hypertension, Progressive Muscle Relaxation Therapy, Dhikr, Blood Pressure, Elderly.