

ABSTRAK

Pengaruh Terapi Progressive Muscle Relaxation (PMR) Terhadap Tingkat Nyeri Kepala Pada Lansia Hipertensi Di Puskesmas Manukan Kulon Surabaya

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Latar Belakang: Hipertensi salah satu penyakit kronis yang sering dialami oleh lansia dapat menyebabkan komplikasi seperti nyeri kepala akibat peningkatan tekanan darah. *Progressive Muscle Relaxation* (PMR) salah satu terapi yang dapat membantu menurunkan tekanan darah dan mengurangi tingkat nyeri kepala pada lansia hipertensi. **Rumusan Masalah:** Apakah ada pengaruh terapi *Progressive Muscle Relaxation* terhadap tingkat nyeri kepala pada lansia hipertensi. **Tujuan Penelitian:** Mengetahui pengaruh terapi *Progressive Muscle Relaxation* terhadap nyeri kepala pada lansia hipertensi di Puskesmas Manukan Kulon Surabaya. **Metode Penelitian:** Penelitian ini menggunakan desain pre-eksperimental dengan pendekatan *one group pre-posttest*. Sampel responden berjumlah 53 lansia hipertensi berusia >60 tahun yang mengalami nyeri kepala. Pengukuran tingkat nyeri kepala dilakukan menggunakan kuesioner *Short-Form McGill Pain Questionnaire* (SF-MPQ). **Analisa Data:** Data dianalisis menggunakan uji *Wilcoxon Signed Rank Test*. **Hasil:** Terdapat penurunan tingkat nyeri kepala sebelum dan sesudah terapi dengan nilai dengan nilai signifikan $p= 0,000$. **Kesimpulan:** Terapi *Progressive Muscle Relaxation* berpengaruh signifikan terhadap penurunan tingkat nyeri kepala pada lansia hipertensi, Terapi ini dapat direkomendasikan sebagai intervensi non-farmakologis yang mudah, aman, dan mandiri untuk meningkatkan kualitas hidup lansia.

Kata Kunci : *Progressive Muscle Relaxation*, Hipertensi, Nyeri Kepala, Lansia

ABSTRACT

The Effect Of Progressive Muscle Relaxation (PMR) Therapy On Headache Geriatrics With Hipertension At Manukan Kulon Health Center Surabaya

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Background: Hypertension is a common chronic disease experienced by the elderly, which can lead to complications such as headaches caused by increased blood pressure. Progressive Muscle Relaxation (PMR) is a therapy that can help lower blood pressure and reduce the intensity of headaches on geriatric with hypertension. **Problem Formulation:** Is there an effect of Progressive Muscle Relaxation therapy on headache levels in hypertensive elderly. **Research Objective:** To determine the effect of Progressive Muscle Relaxation therapy on headaches in hypertensive geriatric at Manukan Kulon Public Health Center, Surabaya. **Research Method:** This study employed a pre-experimental design with a one-group pre-posttest approach. The sample consisted of 53 elderly individuals with hypertension aged >60 years who experienced headaches. The level of headache pain was measured using the Short-Form McGill Pain Questionnaire (SF-MPQ) questionnaire. **Data Analysis:** Data were analyzed using the Wilcoxon Signed Rank Test. **Results:** There was a decrease in the level of headache pain before and after the therapy, with a significant value of $p = 0.000$. **Conclusion:** Progressive Muscle Relaxation therapy has a significant effect on reducing headache pain levels in elderly individuals with hypertension. This therapy can be recommended as a simple, safe, and independent non-pharmacological intervention to improve the quality of life of geriatric.

Keywords: Progressive Muscle Relaxation, Hypertension, Headache, Geriatric