

THE EFFECT OF PROLANIS EXERCISE AND PROGRESSIVE MUSCLE RELAXATION THERAPY ON BLOOD PRESSURE IN ELDERLY HYPERTENSIVE PATIENTS AT TUREN COMMUNITY HEALTH CENTER

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ABSTRACT

Hypertension is a major chronic disease among older adults that increases the risk of cardiovascular complications; therefore, effective non-pharmacological management such as Prolanis exercise and progressive muscle relaxation therapy is needed. This study aimed to determine the effect of the combination of these two interventions on blood pressure among older adults at Turen Public Health Center, Malang Regency. The study employed a pre-experimental design with a one-group pretest–posttest approach. The sample consisted of 57 older adults with hypertension selected using purposive sampling technique. Data were analyzed using the paired t-test. The results showed that prior to the intervention, the average blood pressure of older adults remained in the hypertensive category. After receiving Prolanis exercise and progressive muscle relaxation therapy, a decrease in blood pressure was observed in most respondents. The paired t-test analysis indicated a significant reduction in mean blood pressure following the intervention. Systolic blood pressure in MG I decreased from 147.23 mmHg to 142.40 mmHg, and in MG II from 143.84 mmHg to 138.14 mmHg ($p = 0.000$). Diastolic blood pressure in MG I decreased from 92.25 mmHg to 89.68 mmHg ($p = 0.021$), and in MG II from 91.95 mmHg to 90.19 mmHg ($p = 0.023$). These findings indicate that the combination of Prolanis exercise and progressive muscle relaxation therapy has a significant effect on reducing blood pressure among older adults ($p < 0.05$). In conclusion, Prolanis exercise and progressive muscle relaxation therapy significantly reduce blood pressure in older adults and can be recommended as supportive non-pharmacological interventions in primary healthcare settings. Researchers suggest that healthcare providers integrate these interventions routinely as part of blood pressure management programs for older adults with hypertension.

Keywords : Hypertension, Elderly, Prolanis Exercise, Progressive Muscle Relaxation, Blood Pressure