ABSTRAK

Penerapan Kombinasi Terapi Relaksasi Benson Dan Terapi Mendengarkan Musik Klasik Terhadap Perubahan Tekanan Darah Pada Lansia Penderita Hipertensi Di Puskesmas Arjuno Malang. Adelia Hidayatus Syarifah (2026). Program Studi D-III Keperawatan Jurusan Keperawatan Politekni Kesehatan Kemenkes Malang. Dosen Pembimbing Edy Suyanto, SST., MPH.

Hipertensi merupakan masalah kesehatan dengan prevalensi tinggi pada lansia dan berisiko menimbulkan komplikasi serius. Penatalaksanaan tidak hanya farmakologis, tetapi juga dapat dilakukan melalui terapi nonfarmakologis seperti relaksasi Benson dan musik klasik. Penelitian ini bertujuan mendeskripsikan penerapan kombinasi kedua terapi terhadap perubahan tekanan darah pada lansia hipertensi di Puskesmas Arjuno Malang. Metode penelitian menggunakan desain deskriptif dengan pendekatan studi kasus pada dua subjek. Hasil menunjukkan tekanan darah subjek 1 pada hari pertama sebesar 148/92 mmHg dan menurun menjadi 118/83 mmHg pada hari ketujuh, sedangkan subjek 2 dari 156/90 mmHg menjadi 123/86 mmHg. Penurunan tekanan darah terjadi secara bertahap disertai perbaikan keluhan seperti pusing dan gangguan tidur. Kesimpulan penelitian ini adalah kombinasi terapi relaksasi Benson dan terapi musik klasik efektif sebagai intervensi nonfarmakologis dalam menurunkan tekanan darah serta meningkatkan kenyamanan pada lansia hipertensi. Disarankan terapi ini dapat diterapkan secara mandiri dan dijadikan intervensi komplementer dalam pelayanan kesehatan.

Kata kunci: hipertensi, lansia, relaksasi Benson, musik klasik, tekanan darah

ABSTRACT

The Effect of a Combination of Benson Relaxation Therapy and Classical Music Listening Therapy on Blood Pressure Changes in Elderly Patients with Hypertension at the Arjuno Community Health Center in Malang. Adelia Hidayatus Syarifah (2026). Associate Degree in Nursing Program, Department of Nursing, Ministry of Health Health Polytechnic, Malang. Advisor: Edy Suyanto, SST., MPH.

Hypertension is a health problem with a high prevalence among the elderly and has the potential to cause serious complications. Hypertension management can be carried out not only pharmacologically but also through non-pharmacological therapies such as Benson relaxation therapy and classical music therapy. This study aimed to describe the application of a combination of Benson relaxation therapy and classical music listening therapy on changes in blood pressure among elderly patients with hypertension at Arjuno Public Health Center Malang. This study used a descriptive design with a case study approach involving two subjects. The results showed that before the intervention, subject 1 had a blood pressure of 141/90 mmHg and subject 2 had a blood pressure of 148/90 mmHg. On the first day of intervention, subject 1's blood pressure was 148/92 mmHg and decreased to 118/83 mmHg on the seventh day, while subject 2's blood pressure decreased from 156/90 mmHg to 123/86 mmHg. The decrease occurred gradually and was accompanied by improvement in complaints such as dizziness and sleep disturbances. In conclusion, the combination of Benson relaxation therapy and classical music therapy was effective as a non-pharmacological intervention to reduce blood pressure and improve comfort in elderly patients with hypertension.

Keywords: hypertension, elderly, Benson relaxation, classical music, blood pressure