

**ASUHAN KEPERAWATAN KELUARGA PADA PASIEN
HIPERTENSI DENGAN MASALAH MANAJEMEN
KESEHATAN KELUARGA TIDAK EFEKTIF DAN
PENERAPAN TINDAKAN PMR (*PROGRESSIF MUSCLE
RELAXATION*) TERHADAP PENURUNAN TEKANAN
DARAH DI DUSUN KUTABARU DESA KUTASARI
KECAMATAN CIPARI**

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ABSTRAK

Pendahuluan : Hasil observasi dan wawancara yang dilakukan oleh peneliti di dusun Kutabaru, Desa Kutasari Kecamatan Cipari, pasien umumnya mengatakan merasa sering pusing kepalanya dan nyeri pundak, keluarga pasien selalu mendukung dalam pengobatan namun dari pasien kadang tetap saja memakan yang harusnya di hindari. Hasil Studi pendahuluan Pengaruh Progressive Muscle Relaxation (PMR) terhadap Penurunan Tekanan Darah pada Lansia Hipertensi di Panti Sosial Tresna Wherda Palembang Provinsi Sumatera Selatan (Akhriansyah, Mareta 2018) **Tujuan** : Penulisan Karya Ilmiah Akhir Ners ini adalah untuk memahami dan mempelajari mengenai Asuhan Keperawatan Keluarga Pada Pasien Hipertensi Dengan masalah manajemen kesehatan keluarga Dan Penerapan Tindakan *Progressive Muscle Relaxation* (PMR) Di Dusun Kutabaru Desa Kutasari Kecamatan Cipari. **Metode** : Metode karya ilmiah ini menggunakan metode pedoman observasi tentang *Progressive Muscle Relaxation* (PMR) sesuai dengan Standar Operasional Prosedur dan literatur jurnal. **Hasil** : KIAN ini menunjukkan bahwa tindakan *Progressive Muscle Relaxation* (PMR) terbukti efektif dalam menurunkan tekanan darah yang awal 160/100 mmHg setelah dilakukan tindakan menjadi 155/90 mmHg. **Kesimpulan** : Pada awal pengkajian Tn.R mengatakan mengetahui tentang hipertensi dan cara merawat penderita hipertensi, namun Tn.R tidak tau dalam penyebab dari hipertensi. Setelah dilakukan implelementasi selama 3 kali pertemuan yaitu keluarga diberikan edukasi kesehatan mengenai hipertensi dan cara merawat penderita hipertensi agar tidak sering mengalami keluhan terutama tensinya, sekarang keluarga Tn.R mampu memahami tentang hipertensi dan mampu merawat penderita hipertensi. Dan setelah dilakukan penerapan intervensi *Progressive Muscle Relaxation* (PMR), tensinya turun dari sebelumnya.

Kata kunci : Hipertensi, *Progressive Muscle Relaxation* (PMR)

FAMILY NURSING CARE IN HYPERTENSION PATIENTS WITH INEFFECTIVE FAMILY HEALTH MANAGEMENT PROBLEM AND IMPLEMENTATION OF ACTIONS PMR (PROGRESSIVE MUSCLE RELAXATION) MEASURES TO DECREASING BLOOD PRESSURE IN KUTABARU VILLAGE, KUTASARI VILLAGE, CIPARI DISTRICT

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ABSTRACT

Introduction: The results of observations and interviews conducted by researchers in Kutabaru hamlet, Kutasari Village, Cipari District, Patients generally say they often feel dizzy and have shoulder pain, the patient's family is always supportive in treatment but patients sometimes still eat what they should avoid, Result of a preliminary study on the effect of progressive muscle relaxation (PMR) on reducing blood pressure in elderly hypertension at the tresnawherda Palembang social institution, south sumatra province (Akhriyansyah Mareta, 2018) **Purpose:** Writing this Final Scientific Work for Nurses is to understand and learn about Family Nursing Care for hypertensive patients with family health management problem and the implementation of Progressive Muscle Relaxation (PMR) Measures in Kutabaru hamlet, Kutasari, Village, Cipari District. **Method :** This scientific work method uses the observation guideline method regarding Progressive Muscle Relaxation (PMR) in accordance with standard operating procedures and journal literature. **Results:** This KIAN shows that the Progressive Muscle Relaxation (PMR) procedure has proven effective in reducing blood pressure from 160/100 mmHg after the procedure to 155/90 mmHg. **Conclusion:** At the beginning of the study, Mr. R said he knew about hypertension and how to treat people with hypertension but Mr. R did not know the causes of hypertension after being implemented for 3 meetings, namely the family was given health education about hypertension and how to treat hypertensive patients so they don't often experience complaints, especially hypertension and is able to treat hypertension sufferers. And after implementing the Progressive Muscle Relaxation (PMR) intervention, the tension dropped from before.

Keywords: Hypertension, Progressive Muscle Relaxation (PMR)