

PENGARUH MODIFIKASI TERAPI RELAKSASI BENSON TERHADAP TEKANAN DARAH PADA LANSIA MUSLIM DENGAN KOMORBID HIPERTENSI DI MASA PANDEMI COVID-19

*The Effect Of Modification Of Benson's Relaxation Therapy On Blood Pressure In Elderly Muslim
With Combid Hypertension During The Covid-19 Pandemic*

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ABSTRAK

Hipertensi merupakan kumpulan gejala kardiovaskuler dimana pembuluh darah yang mengalir ke arteri mengalami tekanan yang lebih tinggi dari keadaan normal. Relaksasi benson dapat dijadikan alternatif terapi non farmakologis yang sekarang bisa dikembangkan dalam penanganan pasien hipertensi, relaksasi benson dapat mengurangi hipertensi yang disebabkan kecemasan, mengurangi sakit kepala, dan dapat mengurangi stress. tujuan penelitian ini untuk mengetahui perubahan tekanan darah lansia muslim dengan komorbid hipertensi di masa pandemi Covid 19 sebelum dan sesudah diberikan modifikasi relaksasi benson pada kelompok intervensi dan kontrol. Penelitian ini menggunakan desain *quasi eksperimental pre and post test with control group*. Besar sampel yang digunakan masing-masing kelompok 15 responden yang ditetapkan secara *Cluster Random Sampling*, hasil uji analisa menggunakan uji *Wilcoxon* di dapatkan tekanan darah sistol menunjukkan nilai *p value* $0,001 < \alpha < 0,05$, tekanan darah diastol menunjukkan nilai *p value* $0,002 < \alpha < 0,05$, dan uji analisa perubahan tekanan darah lansia dengan modifikasi relaksasi benson menggunakan uji *Mann Witney* selisih tekanan darah sistolik kelompok intervensi dan kelompok kontrol dengan hasil uji *Mann Witney* diperoleh nilai $p = 0.000$ dan selisih tekanan darah diastolik kelompok intervensi dan kelompok kontrol dengan hasil uji *Mann Witney* diperoleh nilai $p = 0.001$ maka dapat disimpulkan terdapat pengaruh modifikasi relaksasi benson terhadap perubahan tekanan darah, dan tidak ada perbedaan pengaruh modifikasi terapi relaksasi benson terhadap tekanan darah pada lansia muslim dengan komorbid hipertensi di masa pandemi covid-19.

Kata kunci: Relaksasi benson, tekanan darah, hipertensi.

ABSTRACT

*Hypertension is a collection of cardiovascular symptoms in which blood vessels flowing into the arteries experience pressure higher than normal conditions. Benson relaxation can be used as an alternative to non-pharmacological therapies that can now be developed in the treatment of hypertensive patients, benson relaxation can reduce hypertension caused by anxiety, reduce headaches, and can reduce stress. The purpose of this study was to determine the changes in the blood pressure of elderly Muslims with comorbid hypertension during the Covid 19 pandemic before and after being given benson relaxation modifications in the intervention and control groups. This study used pre- and post-test quasi-experimental design with control group. The size of the sample used by each group of 15 respondents was determined by Cluster Random Sampling, the results of the analysis test using the Wilcoxon test were obtained systole blood pressure showed a *p value* of $0.001 < \alpha < 0.05$, diastole blood pressure showed a *p value* of $0.002 < \alpha < 0.05$, and an analysis test of changes in blood pressure of the elderly with benson relaxation modifications using the Mann Witney test the difference in systolic blood pressure of the intervention group and the control group with the results of the Mann test Witney obtained a *p value* = 0.000 and a difference in diastolic blood pressure of the intervention group and control group with the results of the Mann Witney test obtained a value of $p = 0.001$, it can be concluded that there is an influence of benson relaxation modifications on blood pressure changes, and there is no difference in the effect of modifications of benson relaxation therapy on blood pressure in elderly Muslims with comorbid hypertension during the covid-19 pandemic.*

Keywords: Benson relaxation, blood pressure, hypertension.

