

# **HUBUNGAN PENERAPAN RELAKSASI BENSON TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI RUMAH SAKIT ROYAL PRIMA MEDAN**

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## **ABSTRACT**

*Hypertension or high blood pressure is a condition where systolic blood pressure is more than 140 mmHg or diastolic blood pressure is more than 90 mmHg. One of the non-pharmacological therapies in lowering blood pressure is Benson relaxation. With the relaxation method, you can control the nervous system and breathing methods that are useful for lowering blood pressure. The purpose of this study was to determine blood pressure before and after Benson relaxation was applied to hypertensive patients at the Royal Prima Hospital in Medan in 2024. This study uses a quantitative research method with a research design using a cross-sectional study. The technique used when taking samples used accidental sampling, namely the technique of determining samples based on coincidence, anyone who happens to meet, the number of samples in this study was 30 people. The results of the study were that there was an effect of the Benson relaxation technique on lowering blood pressure in hypertensive patients with a p value = 0.001. The study expects respondents that the Benson relaxation technique that was carried out can be continued to control blood pressure.*

*Keywords: hypertension, blood pressure*