

**ABSTRACT**  
**INFLUENCE OF TECHNIQUE of RELAKSASI TO DEGRADATION OF**  
**BLOOD PRESSURE AT PATIENT HYPERTENSION**  
**In Room Rose Turn yellow RSUD Sidoarjo**

**By Aldino Dwi Farmawan**

At patient hypertension have happened the make-up of nerve respon of simpatis then make-up of blood pressure technique of relaxation happened degradation of nerve activity of simpatis so that cause venous vasodilatation so that situation become relax become degradation of blood pressure

Target of this research is to Analyse influence of technique of relaxation to degradation of blood pressure at hypertension patient in Rose room Turn Yellow RSUD Sidoarjo. Design in research is pre experiment (one group pre test and post test design). Big of sample 10 responder, taken pursuant to criterion of inclusion. used by Sampling technique is cosecutive. Independent variable of this research is technique of relaxation and variable its him is degradation of blood pressure. Data collecting use blood pressure observation. Data analysis use statistical test of t-test paired.

Result showed that indicated the existence influence of technique relaxation to degradation of blood pressure at hypertension patient, test blood pressure meaning value paired t-test of systole  $p=0.003$ , blood pressure of diastole  $p=0,005$ .

Technique of relaxation proven can degrade good blood pressure systole and diastole. At clinic test at hypertension patient, they who conduct tardy exhalation during 15 minute per its day in the reality can degrade blood pressure 10-15 poin

**Keyword: hypertension, blood pressure, technique of relaxation**