

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Mela Heliyatus Sariroh

Implementasi *Progressive Muscle Relaxation* (PMR) untuk Mengurangi Nyeri pada Pasien Hipertensi di RSUD Dr. Koesnadi Bondowoso

xv + 84 halaman + 9 tabel + 13 lampiran

Abstrak

Pendahuluan: Hipertensi merupakan penyakit tidak menular yang sering disertai keluhan nyeri, terutama pada kepala atau tengkuk, akibat peningkatan tekanan vaskular. Salah satu intervensi nonfarmakologis untuk mengurangi nyeri adalah *Progressive Muscle Relaxation* (PMR). Studi kasus ini bertujuan menganalisis implementasi PMR dalam menurunkan intensitas nyeri pada pasien hipertensi di RSUD Dr. Koesnadi Bondowoso. **Metode:** Studi penelitian menggunakan desain deskriptif dengan pendekatan studi kasus pada satu pasien hipertensi yang mengalami nyeri akut. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik, kemudian dianalisis melalui tahapan asuhan keperawatan: pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. **Hasil:** Hasil menunjukkan klien mengeluh nyeri kepala skala 6, tampak meringis, gelisah, dan tekanan darah tinggi. Diagnosa keperawatan yang ditegakkan adalah “Nyeri Akut”. Intervensi yang diberikan berupa terapi PMR selama 3 hari. Setelah intervensi, skala nyeri menurun menjadi 2, tekanan darah membaik, dan tanda vital stabil. **Kesimpulan:** PMR efektif mengurangi intensitas nyeri dan memperbaiki kondisi fisiologis pasien hipertensi. Terapi ini dapat digunakan sebagai alternatif intervensi nonfarmakologis yang praktis dan efisien.

Kata Kunci: Hipertensi, nyeri, *progressive muscle relaxation*

ABSTRACT

UNIVERSITY MUHAMMADIYAH JEMBER
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Mela Heliyatus Sariroh

Implementation of Progressive Muscle Relaxation (PMR) to Reduce Pain in Hypertensive Patients at Dr. Koesnadi Regional Hospital, Bondowoso.

xv + 84 pages + 9 tables + 13 appendices

Abstract

Introuduction: Hypertension is a non-communicable disease that is often accompanied by pain complaints, particularly in the head or nape area, due to increased vascular pressure. One non-pharmacological intervention to reduce pain is Progressive Muscle Relaxation (PMR). This case study aims to analyze the implementation of PMR in reducing pain intensity in a hypertensive patient at Dr. Koesnadi Regional Hospital, Bondowoso. **Method:** The study employed a descriptive design with a case study approach involving one hypertensive patient experiencing acute pain. Data were collected through interviews, observations, and physical examinations, and were analyzed through the nursing care process, including assessment, diagnosis, intervention, implementation, and evaluation. **Results:** The assessment results showed the patient complained of headache with a pain scale of 6, appeared grimacing, restless, and had elevated blood pressure. The primary nursing diagnosis established was "Acute Pain." The intervention provided was PMR therapy for three consecutive days. After the intervention, the pain scale decreased to 2, blood pressure improved, and vital signs stabilized. **Conclusion:** PMR was proven effective in reducing pain intensity and improving the physiological condition of hypertensive patients. This therapy can be considered a practical and efficient non-pharmacological nursing intervention.

Keywords: Hypertension, pain, progressive muscle relaxation