

Program pengendalian hipertensi pada lansia melalui terapi musik, relaksasi otot progresif dan relaksasi nafas dalam (Program Merona) di kelurahan Limo kota Depok. = Hypertension control program in the elderly through music therapy, progressive muscle relaxation and deep breathing relaxation (the Merona Program) in Limo village, Depok city.

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Abstrak

Hipertensi sebagai pembunuh diam-diam (silent killer) merupakan masalah kesehatan paling banyak dialami lansia. Pengendalian hipertensi pada lansia sangat diperlukan untuk mengurangi komplikasi hipertensi. Berdasarkan kondisi tersebut dikembangkan Program MERONA. Tujuan yaitu memberikan gambaran pelaksanaan program merona pada lansia dengan hipertensi. Metode yang digunakan yaitu studi kasus keluarga dan agregat menggunakan pendekatan proses keperawatan keluarga dan komunitas dengan melibatkan 10 keluarga binaan dan 60 lansia di komunitas yang dipilih menggunakan cluster random sampling. Program ini merupakan integrasi manajemen diri hipertensi dan terapi relaksasi yaitu terapi musik, relaksasi otot progresif dan relaksasi nafas dalam yang dilaksanakan selama 12 minggu. Evaluasi terhadap perubahan perilaku dan kemandirian keluarga dilakukan pada akhir minggu ke 12 menggunakan kuesioner. Pengukuran tekanan darah dilakukan pada minggu ke 4, 8 dan 12. Hasil implementasi yaitu diperoleh peningkatan perilaku lansia, peningkatan tingkat kemandirian keluarga, dan penurunan tekanan darah sistolik maupun diastolik secara bermakna ( $p < 0,05$ ). Program MERONA disarankan dapat diaplikasikan dalam pelayanan kesehatan komunitas.

.....Hypertension as a silent killer is the most common health problem experienced by the elderly. Control of hypertension in the elderly is very necessary to reduce complications of hypertension. Based on these conditions, the MERONA Program was developed. The purpose is to provide an overview of the implementation of the blush program in the elderly with hypertension. The method used is a family case study and an aggregate using a family and community nursing process approach involving 10 foster families and 60 elderly people in the community selected using cluster random sampling. This program is an integration of hypertension self-management and relaxation therapy, namely music therapy, progressive muscle relaxation and deep breathing relaxation which is carried out for 12 weeks. Evaluation of changes in behavior and family independence was carried out at the end of the 12th week using a questionnaire. Blood pressure measurements were carried out at weeks 4, 8 and 12. The results of the implementation were an increase in the behavior of the elderly, an increase in the level of family independence, and a significant decrease in systolic and diastolic blood pressure ( $p < 0.05$ ). The MERONA program is recommended to be applied in community health services.