P-ISSN 2252-8865

E-ISSN 2598-4217

**Vol…., No…… Bulan, Tahun**

Tersedia Online:

htpp://jurnal.stikescendekiautamakudus.ac.id

CENDEKIA UTAMA

Jurnal Keperawatan dan

Kesehatan Masyarakat

STIKES Cendekia Utama Kudus

**JUDUL NASKAH**

**(** **Maksimum 20 kata. Judul diketik dengan huruf *Book Antique*, ukuran *font* 13, *bold UPPERCASE,* center*,* jarak 1 spasi)**

Nama Penulis Pertama1, Nama Penulis Kedua2

1-2Asal Institusi Penulis

Email: ………………………………………..

**ABSTRAK**

Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Ditulis dalam bahasa Indonesia, Abstrak dalam Bahasa Indonesia diketik dengan huruf *Times New Roman*, ukuran font 11, jarak 1 spasi, dibatasi 250-300 kata dalam satu paragraf, bersifat utuh dan mandiri.Tidak boleh ada referensi. Abstrak terdiri dari: latar belakang, tujuan, metode, hasil analisa statistik, dan kesimpulan. Disertai kata kunci/ *keywords.*Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx

**Kata Kunci**: Hipertensi, Terapi relaksasi otot progresif, Tekanan Darah (Maks 5)

***ABSTRACT***

*Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Ditulis dalam bahasa inggris, Abstrak Bahasa Inggris diketik dengan huruf Times New Roman, ukuran font 11, italic, jarak 1spasi. dibatasi 250-300 kata dalam satu paragraf, bersifat utuh dan mandiri.Tidak boleh ada referensi. Abstrak terdiri dari: latar belakang, tujuan, metode, hasil analisa statistik, dan kesimpulan. Disertai kata kunci/ keywords.Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx. Xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx xxxxx*

***Keywords:*** *Hypertension, progressive muscle relaxation therapy, blood pressure (max. 5)*

**LATAR BELAKANG**

Xxxxxxxxxxxx xxxxx xxxxx xxxxxxxxx xxxxxxxxxx xxxxxxxxx xxxxxxxxxxxxx (Herlambang, 2013). xxxxxxxxxx xxxxxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx.Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Ardiansyah, 2012).

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx (Tyani, dkk, 2015). Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Widharto,2007)

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. (Prasetyoningrum, 2014) Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Tyani, Wasisto, dan Hasneli, 2015)

**METODE PENELITIAN**

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx (Tyani, dkk, 2015). Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Widharto,2007) Berisi tentang: jenis penelitian, desain, populasi, jumlah sampel, teknik *sampling*, karakteristik responden, waktu dan tempat penelitian, instrumen yang digunakan, serta uji analisis statistik yang digunakan disajikan dengan jelas.

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. (Prasetyoningrum, 2014) Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Tyani, Wasisto, dan Hasneli, 2015)

**HASIL DAN PEMBAHASAN**

Xxxxxxxxxxxx xxxxx xxxxx xxxxxxxxx xxxxxxxxxx xxxxxxxxx xxxxxxxxxxxxx (Herlambang, 2013). xxxxxxxxxx xxxxxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx.Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Prasetyo, E., dan Wahyuningsih, S. (2014).

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx (Tyani, dkk, 2015). Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Widharto,2007)

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. (Prasetyoningrum, 2014) Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Tyani, Wasisto, dan Hasneli, 2015)

Xxxxxxxxxxxx xxxxx xxxxx xxxxxxxxx xxxxxxxxxx xxxxxxxxx xxxxxxxxxxxxx (Herlambang, 2013). xxxxxxxxxx xxxxxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx.Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Ardiansyah, 2012).

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx (Tyani, dkk, 2015). Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Widharto,2007)

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. (Prasetyoningrum, 2014) Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx. (Tyani, Wasisto, dan Hasneli, 2015)

**SIMPULAN DAN SARAN**

**Simpulan**

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx.

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx.

**Saran**

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx.

**UCAPAN TERIMAKASIH (Bila Ada)**

Xxxx xxx xxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx xxxxxxxxxxx. Xxxxxxx xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxx xxxxxxxxxxxxxx xxxxxxxx. Xxxxxxxxxxxxx xxxxxx, xxxxxxxxx, xxxxxx, xxxxxxxx xxxxxxxxxxxxxxx xxxxxxxxxx xxxxxxxx xxxx.

**DAFTAR PUSTAKA**

Anggraeni, Mekar Dewi dan Saryono. 2010. *Metodologi Penelitian Kualitatif dalam bidang kesehatan*. Yogyakarta : Nuha Medika.

Anis. 2005. *Penyakit Akibat Kerja.* Jakarta : PT Elex Media Komputindo.

Ardiansyah, M. (2012). *Medikal bedah untuk mahasiswa*. Diva Press: Jogjakarta.

Herlambang. (2013). *Menaklukan hipertensi dan diabetes*. Tugu Publisher: Yogjakarta.

Kumutha, Aruna dan Poongodi. (2014). Effectiveness of progressive muscle relaxation technique on stress and blood pressure among elderly with hypertension, *IOSR Journal of Nursing and Health Science (IOSR-JNHS*), vol. 3, issue 4, p. 1-6.

Prasetyo, E., & Wahyuningsih, S. (2014). Pengembangan Model Kebijakan Behaviour Safety Culture dalam Rangka Peningkatan Keamanan dan Kesehatan Lingkungan Kerja. *Jurnal Kesehatan Masyarakat (JKM) CENDEKIA UTAMA*

Prasetyaningrum, Y. I. (2014). *Hipertensi bukan untuk ditakuti*. Fmedia: Jakarta. <https://books.google.co.id/books?id=8uluBgAAQBAJ&printsec=frontcove> r&dq=hipertensi+bukan+untuk+ditakuti&hl=id&sa=X&redir\_esc=y#v=on epage&q=hipertensi%20bukan%20untuk%20ditakuti&f=false

Purwanto, B. (2012). *Herbal dan keperawatan komplementer (teori, praktik, hukum dalam asuhan keperawatan)*. Nuha Medika: Yogyakarta.

Tyani, E. S., Utomo, W. dan Hasneli, Y. (2015). Efektivitas relaksasi otot progresif terhadap tekanan darah pada penderita hipertensi esensial, *JOM*, vol. 2 no. 2,hal. 1068-1075.

Widharto. (2007). *Bahaya hipertensi*. PT Sunda Kelapa Pustaka: Jakarta.