**Table 1.** Distribution Frequency of the Characteristics of Hypertension Respondents with and without Progressive Muscle Relaxation Treatment in the Working Area of Mulyorejo Puskesmas, Medan, in 2017

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Respondents’ Characteristics | Treatment Group | | Non-Treatment Group | |
| Total | % | Total | % |
| 1 | Sex |  |  |  |  |
|  | Male | 0 | 0,0 | 9 | 30,0 |
|  | Female | 30 | 100,0 | 21 | 70,0 |
|  | Total | 30 | 100,0 | 30 | 100,0 |
| 2 | Age |  |  |  |  |
|  | 35 – 44 | 3 | 10,0 | 1 | 3,3 |
|  | 45 – 59 | 17 | 56,7 | 12 | 40,0 |
|  | 60 – 74 | 8 | 26,7 | 15 | 50,0 |
|  | 75 – 90 | 2 | 6,7 | 2 | 6,7 |
|  | Total | 30 | 100,0 | 30 | 100,0 |
| 3 | Marital Status |  |  |  |  |
|  | Single | 0 | 0,0 | 0 | 0,0 |
|  | Married | 16 | 53,3 | 21 | 70,0 |
|  | Widower/Widow | 14 | 46,7 | 9 | 30,0 |
|  | Total | 30 | 100,0 | 30 | 100,0 |
| 4 | Income |  |  |  |  |
|  | < 2.271.500 | 21 | 70,0 | 27 | 90,0 |
|  | ≥2.271.500 - < .4500.000 | 9 | 30,0 | 3 | 10,0 |
|  | ≥4.500.000 | 0 | 0,0 | 0 | 0,0 |
|  | Total | 30 | 100,0 | 30 | 100,0 |
| 5 | Occupation |  |  |  |  |
|  | Housewife | 20 | 66,7 | 18 | 60.0 |
|  | Private Employee | 0 | 0,0 | 6 | 20,0 |
|  | Govt. Employee/BUMN | 0 | 0,0 | 0 | 0,0 |
|  | Entrepreneur | 10 | 33,3 | 4 | 13,3 |
|  | Pensioners | 0 | 0,0 | 1 | 3,3 |
|  | Others | 0 | 0,0 | 1 | 3,3 |
|  | Total | 30 | 100,0 | 30 | 100,0 |
| 6 | Duration of Suffering from Hypertension |  |  |  |  |
|  | < 1 year | 3 | 10,0 | 6 | 20,0 |
|  | ≥ 1 year - < 5 year | 21 | 70,0 | 20 | 66,7 |
|  | ≥ 5 year - < 10 year | 3 | 10,0 | 4 | 13,3 |
|  | ≥ 10 year - < 15 year | 2 | 8,7 | 0 | 0,0 |
|  | ≥ 15 year - < 20 year | 0 | 0,0 | 0 | 0,0 |
|  | ≥ 20 year | 0 | 0,0 | 0 | 0,0 |
|  | Total | 30 | 100,0 | 30 | 100,0 |

**Table 2.** Description of Stress, Blood Pressure, and Life Quality of Hypertension Respondents in Pre and Post Treatment and Non-Treatment of Progressive Muscle Relaxation

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Variables | | Mean | SD | Value | | P Value |
| Min | Max |
| Stress | |  |  |  |  |  |
| PMR | Pre | 20,5667 | 3,53976 | 13 | 31 | 0,000 |
| Post | 15,5333 | 4,36074 | 7 | 26 |
| Non-PMR | Pre | 19,8000 | 2,42636 | 16 | 23 | 0,377 |
| Post | 19,6667 | 2,46819 | 14 | 23 |
| Blood Pressure | |  |  |  |  |  |
| Systolic, PMR | Pre | 170,4000 | 22,11350 | 140 | 220 | 0,000 |
| Post | 154,1667 | 20,38776 | 110 | 195 |
| Systolic, Non- PMR | Pre | 179,0667 | 11,43176 | 160 | 200 | 0,000 |
| Post | 163,6333 | 12,24881 | 140 | 198 |
| Diastolic, PMR | Pre | 98,4667 | 5,98120 | 90 | 110 | 0,000 |
| Post | 86,5000 | 8,23680 | 70 | 100 |
| Diastolic, Non- PMR | Pre | 106,2667 | 9,62373 | 90 | 120 | 0,000 |
| Post | 99,8000 | 6,93517 | 90 | 112 |
| Quality of Life | |  |  |  |  |  |
| PMR | Pre | 80,3000 | 7,13491 | 67 | 97 | 0,000 |
| Post | 88,1000 | 8,64770 | 73 | 112 |
| Non- PMR | Pre | 84,9000 | 5,89769 | 71 | 97 | 0,386 |
| Post | 85,2333 | 6,40949 | 71 | 98 |

**Table 3.** Main difference in the Scores of Stress, Blood Pressure, and Quality of Life in Hypertension Respondents in Pre and Post Treatment and Non-Treatment of Progressive Muscle Relaxation

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variables | | Mean | | SD | Mean | | P | P  Value |
| Difference | | Levene’s |
| Stress | |  | |  |  | |  |  |
| PMR | Pre | 20,5667 | | 3,53976 | 5,03333 | |  |  |
| Post | 15,5333 | | 4,36074 |  | | 0,041 | 0,000 |
| Non-PMR | Pre | 19,8000 | | 2,42636 | 0,13333 | |  |  |
| Post | 19,6667 | | 2,46819 |  | |  |
| Blood Pressure | |  | |  |  | |  |  |
| Systolic,PMR | Pre | 170,4000 | | 22,11350 | 16,23333 | |  |  |
| Post | 154,1667 | | 20,38776 |  | | 0,009 | 0,034 |
| Systolic,Non-PMR | Pre | 179.0667 | | 11,43176 | 15,43333 | |  |  |
| Post | 163,6333 | | 12,24881 |  | |  |
| Diastolic,PMR | Pre | 98,4667 | | 5,98120 | 11,96667 | |  |  |
| Post | 86,5000 | | 8,23680 |  | | 0,309 | 0,000 |
| Diastolic,Non-PMR | Pre | 106,2667 | | 9,62373 | 6,46667 | |  |  |
| Post | 99,8000 | | 6,93517 |  | |  |
| Quality of Life | | |  |  | |  |  |  |
| PMR | Pre | 80,3000 | | 7,13491 | -7,80000 | |  |  |
| Post | 88,1000 | | 8,64770 |  | | 0,09 | 0,150 |
| Non- PMR | Pre | 84,9000 | | 5,89769 | -0,33333 | |  |  |
| Post | 85,2333 | | 6,40949 |  | |  |