**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 |  |  |