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ABSTRACTS AND PROGRAM BOOK





Oral Presentation - 2 Cardiorespirasi & Pediatric Rehabilitation

The Comparison Between Tai Chi Chuan and Jacobson Progressive Muscular Relaxation In Blood Pressure On Hypertension Patients

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Background: Hypertension is a disease that does not have any specific symptoms. Recently, exercise like Tai Chi Chuan (TCC) and Jacobson's Progressive Muscular Relaxation (JPMR) has been developing to patients with hypertension. However, the mechanisms on how TCC and JPMR can reduce blood pressure in hypertension patients remain unclear. **Objective:** To investigate and to compare the effect of TCC and JPMR in blood pressure in hypertension patients. **Material and Methods:** This experimental study used pre and post test design. There were 16 patients of pre hypertension and hypertension stage 1, age between 45-65 years old and were randomly divided into two different groups. Group I underwent TCC while group II underwent JPMR. Both group had to practice three times a week for duration of six weeks. **Results:** Six weeks after intervention, there was significant difference of systolic blood pressure ($P=0,003$) and diastolic blood pressure ($P=0,010$) in TCC group. Six weeks after intervention there also significant difference of diastolic blood pressure ($P=0,012$) in JPMR group, and there was no any significant difference in systolic blood pressure ($P=0,237$) in JPMR group. But, there was no any significant difference of systolic blood pressure ($P=0,068$) and diastolic blood pressure ($P=0,632$) between TCC group and JPMR group six weeks after intervention. **Conclusion:** There was no any significant difference in blood pressure between TCC group and JPMR group.

Keywords: Hypertension; blood pressure; Tai Chi Chuan (TCC); Jacobson's Progressive Muscular Relaxation (JPMR).