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Effects of guided imagery therapy on blood pressure in patients with hypertension at the working area Andalas public health centers of Padang City

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About one billion people in the world had hypertension and 2/3 of them were in low-intermediate income countries. The prevalence is expected to increase in 2025 and about 29% of adults in the world had hypertension. One of non-pharmacological treatments that can be used to decrease hypertension is guided imagery therapy because that therapy affected the physiological processes such as blood pressure which was activating the parasympathetic nervous system. The purpose of this study was to determine the effect of guided imagery therapy on blood pressure in patients with hypertension at the working area Andalas public health centers of Padang city 2015. This study used a quasi-experimental design with one group pretest posttest approach. Samples were examined as many as 29 people between 40-60 years old, 18 of them were female and 11 others were male. Sampling was done by purposive sampling. The research instruments were a sphygmomanometer, stethoscope, and a record of intervention. The data statistical had been analyzed by paired t-test (parametric test). The result showed that the guided imagery therapy decreased the blood pressure with an average of systolic 8, 58 mmHg and diastolic 5, 90 mmHg. The statistical test result was obtained p=0.000 ($p<0.05$) for systolic and p=0.000 ($p<0.05$) for diastolic which meant there was an influence of guided imagery therapy in lowering blood pressure in people with hypertension. The recommendation for Andalas public health centers to provide information to the public in the form of counseling about Guided Imagery therapy.

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