

The Effect of Self-Hypnosis on Reducing Blood Pressure in Elderly People with Hypertension in the Rawasari Community Health Center Work Area, Jambi City

Hadi Nazipatul Putra¹, Kamariyah², Yuliana³, Putri Irwanti Sari⁴, Rts Netisa Martawinarti⁵

^{1,2,3,4,5}Departement of Nursing, Faculty Medicine and Health Sciences Universitas Jambi, Jambi, Indonesia

*Corresponding Author: cocom2fahri@gmail.com

Article Info

Article received : May 04, 2026

Article revised : June 29, 2026

Article published : June 30, 2026

Abstract

Background: The prevalence of hypertension covers 100 million people aged 30–79 years in 184 countries, Hypertension is a major risk factor that causes diseases such as stroke, heart failure, stroke and nephrosis. Self hypnosis can control several organic functions such as bleeding, rapid heartbeat, blood pressure and so on. **Aims:** This study aims to determine the Effect of Self Hypnosis on Reducing Blood Pressure in the Elderly with Hypertension in the Rawasari Community Health Center Work Area, Jambi City. **Methods:** The population of this study was 1,408 people who visited the Rawasari Community Health Center who suffered from hypertension in 2024. The sampling method used was Purposive Sampling. The sample taken was 15 respondents. **Results:** The results of the study obtained Before Self Hypnosis, the average value of systolic blood pressure was 166.53 and diastolic 93.27 and after Self Hypnosis, the average value of systolic blood pressure was 151.13 and diastolic 83.07. The effect of Self Hypnosis on blood pressure in elderly with hypertension obtained the results of the Wilcoxon Signed-Rank Test, namely systolic $p = 0.001$ and diastolic $p = 0.001 < 0.05$. So it can be interpreted that there is a significant difference in blood pressure before and after treatment on both variables. **Conclusion:** It can be concluded that H1 is accepted so that this shows that the treatment given has a significant impact on changes in blood pressure.

Keywords: Hypertension; Elderly; Degenerative Diseases; Self Hypnosis.

Introduction

The first comprehensive global analysis of trends in the prevalence, detection, treatment, and management of hypertension, conducted by Imperial College London and the WHO, shows that the prevalence of hypertension has increased from 650 million to 1.28 billion people in the past thirty years. Nearly half of these people are unaware that they have hypertension¹.

The results of the Basic Health Research (Riskesdas) in 2018 showed that the number of hypertension sufferers in Indonesia reached 34.11%.². According to data from the Jambi Province Health Profile, the percentage of hypertension in Jambi Province, hypertension ranks first out of 15 most common diseases, with 7,032 cases in 2023. Meanwhile, in Jambi City, the number of sufferers of the 10 biggest diseases in Indonesia, one of which is hypertension, is among the highest. The following data from the Jambi City Health Office shows the 5 biggest diseases in Jambi City in 2023, namely acute upper respiratory tract infections (29.51%), hypertension (25.48%), esophageal, gastric and intestinal diseases (14.79%), influenza and pneumonia (6.94%) and diabetes mellitus (6.05%)³.

The Jambi Province Health Profile (2023) shows that hypertension ranks second among the 10 most common diseases in Jambi Province's community health centers. The number of hypertension sufferers in Jambi Province increases annually. The prevalence of hypertension cases in Jambi Province in 2018 was 13.50%, increased to 18.50% in 2019, and increased to 23.63% in 2020. The prevalence also increased to 31.70% in 2021⁴.

According to data from the Jambi City Health Office, the number of elderly people with hypertension reached 10,103 in 2024. Rawasari Community Health Center had the highest number of hypertension cases in Jambi City in 2024, with 1,408 cases. Rawasari Community Health Center in Jambi City ranked first in terms of the number of elderly people with hypertension, with 1,408 cases. According to data from the Jambi City Health Office in 2024, the highest number of hypertension sufferers was in those aged 60 and over, with 10,103 cases. Meanwhile, in the pre-elderly age group, or 45-59 years old, there were 9,841 cases spread across 10 community health centers in Jambi City.

Elderly is the final phase of the aging process. Aging is a natural process in human life that will impact health.⁵This process continues from the beginning of life and does not begin at a specific point. Aging is a natural part of life that includes three stages: childhood, adulthood, and old age. According to the WHO, the elderly consist of several age groups: middle age (45 to 59 years), old age (60 to 74 years), old age (75 to 90 years), and very old age (above 90 years).⁶.

The increase in blood pressure associated with aging is most likely related to changes in the arteries. Aging causes narrowing of the blood vessel lumen and hardening of the vessel walls through a process known as atherosclerosis. Atherosclerosis causes

structural changes, including increased vascular calcification, that cause pressure waves that were previously reflected during the propagation of the blood pressure wave. The pressure wave returns from the aortic root during systole and contributes to the increase in systolic blood pressure. Diastolic blood pressure tends to increase until about age 50, and this increase is caused by increased arteriolar resistance⁷.

The benefits of self-hypnosis include increasing the ability to produce anesthesia in any part of the body, providing post-hypnosis suggestions to improve sleep problems, coping, pain symptom management, and lower high blood pressure. Self-hypnosis can control several organic functions such as bleeding, rapid heart rate, blood pressure, and so on. Hypnosis can increase concentration above normal, as well as the capacity for learning and detailed memory⁸.

According to previous research conducted by Supraetno, E in 2021 with the title of the effect of self-hypnosis on reducing blood pressure in hypertension sufferers in Argomulyo Sedayu Bantul Yogyakarta, the results obtained a significant value of 0.000 so it was concluded that there was an effect of self-hypnosis on reducing blood pressure in hypertension sufferers in Puluhan Argomulyo Sedayu Bantul Yogyakarta.⁹

Self-hypnosis is needed for those experiencing sleep problems, coping, pain symptom management, and lowering high blood pressure. Self-hypnosis can also increase the ability to produce anesthesia in any part of the body. It can control several organic functions such as bleeding, rapid heart rate, blood pressure, and so on. Hypnosis can increase concentration above normal, as well as the capacity for learning and detailed memory⁸.

According to previous research regarding the time or amount of self-hypnosis administration based on research by Arif Setyo, U et al in 2021 entitled self-hypnosis with audiohypnotherapy for controlling blood pressure and headaches in a group of hypertension sufferers in Sehati RW I Mersi, Banyumas Regency, in one intervention, blood pressure checks were carried out before and after the intervention, the results showed that blood pressure and headaches in hypertension sufferers before and after self-hypnosis decreased significantly¹⁰.

Based on the results of the interview and observation survey conducted by the author on February 13, 2025, on elderly patients who were treated at the Rawasari Community Health Center in Jambi City with hypertension, the researcher interviewed 5

respondents who on average had suffered from hypertension for more than 1 year, the 5 respondents stated that hypertension treatment only used medication and no other therapy was used and when asked about self-hypnosis, the five respondents did not know the meaning and function of self-hypnosis. The hypertension sufferers interviewed said they did not know other ways to lower blood pressure and hypertension sufferers wanted alternative treatments that were cheap and had no side effects. Based on the description above, the researcher is interested in conducting research with the title "The effect of self-hypnosis on reducing blood pressure in elderly people with hypertension in the Rawasari Community Health Center Work Area, Jambi City".

Methods

The population in this study were 1,408 hypertension patients who visited the Rawasari Community Health Center in Jambi City in 2024. Sampling in this study used a purposive sampling technique. Researchers took 15 patients with hypertension who met the inclusion criteria. The type of research used was quantitative research. The quasi-experimental research design with clinical trial research but carried out treatment with Self Hypnosis approach techniques. This study used a one-group pretest-posttest design. This study was conducted at the Rawasari Community Health Center in Jambi City. This study was carried out for 3 days on Hypertension Patients in the Rawasari Community Health Center working area of Jambi City.

This research instrument uses the standard operating procedure of self-hypnosis from previous research from Wulandari's research in 2020 entitled the application of self-hypnosis to overcome anxiety in hypertension patients, blood pressure classification instruments according to Nurarif & Kusuma (2015), and hypertension classification according to Joint National Committee 7 (JNC 7). In this study, validity and reliability tests were not used because in this study using observation sheets, checklist sheets, sphygmomanometers, stethoscopes and measuring instruments used to determine hypertension classification quoted from Nurarif & Kusuma (2015), and hypertension classification according to Joint National Committee 7 (JNC 7). Data analysis in this study used the Wilcoxon Signed Rank Test statistical test.

Results

Table 1 Characteristics of respondents based on age at Rawasari Community Health Center, Jambi City

No	Age	Frequency	Percentage (%)
1	Middle-aged group (45 - 59 years)	0	0
2	Older adults (60 - 74 years).	15	100
3	Older adults (75-90 years)	0	0
4	Very old age over 90 years	0	0
Total		15	100

Based on Table 1, the characteristics of respondents based on age, the number of respondents aged 60-74 years is 15 people or 100% of the total respondents.

Table 2 Characteristics Respondents based on gender at Rawasari Community Health Center, Jambi City

No	Gender	Frequency	Percentage (%)
1	Male	5	33.3
2	Female	10	66.7
Total		15	100

Based on table 2, the characteristics of respondents based on gender, 5 respondents (33.3%) were male and 10 respondents (66.7%) were female.

Table 3 Respondent characteristics based on last education at Rawasari Community Health Center, Jambi City

No.	Education Level	Frequency	Percentage (%)
1	No Schooling	0	0
2	Primary School	7	46.7
3	Junior High School	4	26.7
4	Senior High School	3	20
5	Diploma/Bachelor's Degree	1	6.7
Total		15	100

Based on Table 3, the characteristics of respondents based on their last education show that the majority of respondents had elementary school education, namely 7 respondents with a percentage of 46.7%, and the minority of respondents had a diploma/bachelor's degree, namely 1 respondent with a percentage of 6.7%.

Table 4: Respondent characteristics based on occupation at Rawasari Community Health Center, Jambi City

No	Occupation	Frequency	Percentage (%)
1	Housewife	9	60
2	Self-employed Worker	2	13,3
3	Entrepreneurs	0	0
4	Retired/ Civil Servant	1	6,7
5	Casual Daily Laborer	3	20
Total		15	100

Based on Table 4, the characteristics of respondents based on occupation show that the majority of respondents work as housewives or are not working, amounting to 9 people

with a percentage of 60%, and the minority of respondents is 1 retired civil servant with a percentage of 6.7%.

Table 5 Characteristics of respondents based on blood pressure before the examinationSelf HypnosisIn the Elderly with Hypertension in the Rawasari Community Health Center Work Area, Jambi City

No	Respondents	Pre-systolic	Pre-Diastolic
1	R1	162	90
2	R2	165	98
3	R3	173	100
4	R4	160	80
5	R5	178	103
6	R6	160	88
7	R7	166	93
8	R8	162	90
9	R9	164	91
10	R10	171	93
11	R11	165	93
12	R12	176	98
13	R13	167	101
14	R14	161	90
15	R15	168	91
Mean		166.53	93.27
Median		165	93
Mode		160	90
Standard Deviation		5,693	5,922

Based on Table 5, Respondent characteristics based on blood pressure before the test was carried outselfhypnosis showed that before hypnotherapy, the mean systolic results were 166.53 and diastolic 93.27, median systolic 165 and diastolic 93, systolic mode 160 and diastolic 90, systolic standard deviation 5.693 and diastolic 5.922.

Table 6 Characteristics of respondents based on blood pressure after the examinationSelf HypnosisIn the Elderly with Hypertension in the Rawasari Community Health Center Work Area, Jambi City

No	Respondents	Post Systolic	Post Diastolic
1	R1	150	85
2	R2	146	78
3	R3	153	87
4	R4	146	72
5	R5	161	91
6	R6	149	72
7	R7	141	86
8	R8	139	75
9	R9	148	84
10	R10	157	91
11	R11	155	84
12	R12	150	81
13	R13	156	88
14	R14	154	86

No	Respondents	Post Systolic	Post Diastolic
15	R15	162	86
Mean		151.13	83.07
Median		151.13	83.07
Mode		150	85
Standard Deviation		6,653	6,193

Based on Table 6, Respondent characteristics based on blood pressure after the test was carried out *selfhypnosis* showed that after hypnotherapy, the mean systolic results were 151.13 and diastolic 83.07, median systolic 151.13 and diastolic 83.07, systolic mode 150 and diastolic 85, systolic standard deviation 6.653 and diastolic 6.193.

Table 7 The Effect of Self-Hypnosis on Lowering Blood Pressure in Elderly People with Hypertension

Variables	Mean	Standard Deviation	Std. Mean Error	P Value
Systolic pre-test	166.53	5,693	1,470	0.001
Systolic post-test	151.13	6,653	1,718	
Pre-test diastolic	93.27	5,922	1,529	0.001
Post-test diastolic	83.07	6,193	1,599	

Based on table 7, the average results of pretest systolic blood pressure or before being given self-hypnosis intervention were 166.53 and the average post-test was 151.13 as well as the results of pre-test diastolic blood pressure of 93.27 and post-test diastolic blood pressure became 83.07. The results of the Wilcoxon Signed-Ranks test using SPSS obtained a p value = $0.001 < 0.05$ on the systolic and diastolic blood pressure variables, so there is an effect of self-hypnosis on reducing high blood pressure in elderly with hypertension. So it can be concluded that H_0 is rejected and H_1 is accepted. This shows that the treatment given has a significant impact on changes in blood pressure.

Discussion

Age is defined as the length of time a person has lived since birth or since an object was created up to a certain point in time. This term refers to the span of time that a living being or object has passed, and in its use can indicate a formal context or a form of respect for a particular individual.¹¹. Based on the results of research on the characteristics of respondents based on age, the number of respondents aged 60-74 years is 15 people or 100% of the total respondents.

This research does not differ from other theories and research, according to Eva Prilelli, B (2023). Hypertension is a multifactorial disease that arises due to the interaction of various factors. With age, blood pressure also increases. Increasing age causes several

physiological changes, including increased peripheral resistance and sympathetic activity in older adults. Blood pressure increases with age¹².

Supported by the research results of Ayuchecaria, et al. (2018), the factor that influences changes in blood pressure is age. This is because age Furthermore, the body's immune system has begun to decline and organ function as well Already Starting to decline. The 58-65 age group shows a decline. This is because the elderly tend to seek treatment at hospitals/community health centers due to more complex illnesses.¹³.

So the researcher can conclude that Age is a significant factor in the incidence of hypertension, as the risk of hypertension increases with age. so a person's blood pressure will also increase, this can be caused by several factors such as natural changes in a person's heart and blood vessels, these changes occur naturally as a result of the aging process.

Based on the results of the data analysis that has been carried out from 15 respondents, the majority of the gender characteristics were obtained. Women were 10 respondents, 66.7%. In line with the research results of M. Yunus et al. (2021), women are more likely to suffer from hypertension than men. In this study, 27.5% of women experienced hypertension, while the figure for men was only 5.8%. Women experience an increased risk of high blood pressure (hypertension) after menopause, namely after the age of 45. Premenopausal women are protected by the hormone estrogen, which plays a role in increasing High Density Lipoprotein (HDL) levels. Low HDL cholesterol and high LDL (Low Density Lipoprotein) cholesterol levels influence the process of atherosclerosis and lead to high blood pressure.¹⁴.

This research is also supported by research methods conducted by Solehah 2018 in Habib Bulah 2023 with factors that influence hypertension, namely gender where women who experience menopause are more at risk of experiencing hypertension as well as other triggering factors, namely unhealthy behavior, such as consuming alcohol, smoking habits, consuming excessive salt and stress¹⁵.

Strengthened by research conducted by Yustus Anselmu Arianto Malibel and Djogo (2020), it states that the next factor influencing blood pressure in hypertension sufferers is gender. Women experience more hormonal decline. The hormone that influences this is the estrogen hormone that women have, which has been protecting blood vessels. As women experience menopause, this will decrease, therefore, women are more susceptible to suffering from diseases, especially high blood pressure. Menopausal women are more

susceptible to hypertension, this is due to the lack of estrogen hormone in menopausal women, which can cause narrowing of the blood vessels, resulting in increased blood pressure¹⁶.

Therefore, researchers can conclude that the risk of hypertension increases with age. Women who have not yet experienced menopause certainly have a lower risk than men of the same age group. However, after age 50, women become more at risk of developing hypertension than men. At this age, women generally experience menopause. This condition makes women more susceptible to hypertension.

Based on the results of data analysis conducted from 15 respondents based on their last education, the majority of respondents had elementary school education, as many as 7 respondents with a percentage of 46.7%. According to Eva Prilelli, B in 2023, highly educated people have health information including hypertension and are more likely to accept a healthy lifestyle such as a healthy diet, exercise, and maintaining an ideal body weight. Good or bad behavior is influenced by a person's level of education in receiving and processing information that will impact their health status. A behavior in preventing hypertension. A person's good knowledge of the causes, risk factors, signs and symptoms of hypertension as well as the limits of stable and unstable blood pressure, will make a person avoid triggers¹².

Researchers argue that education level influences the occurrence of hypertension, so individuals with low levels of education need to receive more intensive health education to increase knowledge, awareness, and implementation of healthy living behaviors as an effort to prevent hypertension. Based on the results of the analysis of respondent data in this study, the majority of respondents who have jobs work as housewives or do not work as many as 9 people with a percentage of 60. This is in line with the research of Mangendai, Rompas Sefti, and Hamel (2017), explaining that women who do not work or are only housewives are at higher risk of suffering from hypertension compared to women who work. This is because hypertension sufferers who work as housewives are too busy with household chores making mothers lazy to go for treatment to the Community Health Center or other health service places¹⁴.

Researchers assume they interact more with others, thus gaining more information, which can broaden their knowledge. Furthermore, housewives with low physical activity

can lead to overnutrition or obesity. This leads to weight gain, which can affect heart rate and blood insulin levels, making them more susceptible to high blood pressure and diabetes.

Blood pressure before doing it *Self Hypnosis*

This study was conducted once on 15 respondents in the Rawasari Community Health Center work area in Jambi City. Before the self-hypnosis intervention, blood pressure was checked before the self-hypnosis action was carried out using a digital sphygmomanometer and after the self-hypnosis was carried out by providing audio containing self-hypnosis suggestions after the blood pressure was checked again. The self-hypnosis action was only carried out once due to time limitations and the researcher's abilities.

The results of the respondent analysis based on blood pressure before self-hypnosis showed that before hypnotherapy, the mean systolic was 166.53 and diastolic 93.27, the median systolic was 165 and diastolic 93, the mode systolic was 160 and diastolic 90, the standard deviation systolic was 5.693 and diastolic 5.922. Based on research on blood pressure in elderly hypertensives before being given self-hypnosis therapy, it showed that all respondents had blood pressure in the category of Grade 2 hypertension or degree 2 with systolic between 160-179 mmHg and diastolic 100-109 mmHg which must be given treatment.

This research is also in line with the research method conducted by Galang Rizka in 2021 in his research journal entitled "The Effect of Self-Hypnosis on Lowering Blood Pressure in Hypertension Patients in Argomulyo Sedayu, Bantul, Yogyakarta," which stated that on average - flatSystolic blood pressure before Self-Hypnosis was carried out on respondents was 168.78 mmHg, while the average diastolic blood pressure before Self-Hypnosis was carried out was 96.72 mmHg. The difference in blood pressure was found in each respondent because there are several factors that influence the amount of blood pressure in each person¹⁵.

According to Yulianti & Maloedyn (2018) in Galang Rizka in 2021, there are many factors that can cause hypertension, but the factors that often become the cause are:diseaseThese include atherosclerosis (thickening of the artery walls that causes loss of elasticity), heredity, increased blood flow to the heart, kidney disease, adrenal gland disease, and sympathetic nervous system disease. Being overweight, psychological stress, and stress experienced by pregnant women can also trigger hypertension¹⁵.

Hypertension or high blood pressure is caused by various factors that can be classified as: become modifiable and non-modifiable factors. Study showed that non-modifiable factors such as older age, gender, and family history play a significant role in the incidence of hypertension.¹⁷. In addition, changing factors such as obesity, lack of physical activity, a high-salt diet, smoking, and stress levels also increase the risk of hypertension. The interaction between these factors emphasizes the importance of preventive measures through lifestyle changes, weight control, and managing health behaviors¹⁸.

Researchers state that a person's blood pressure is influenced by many factors. Blood pressure itself reflects the speed of blood flow in the blood vessels. As a person ages, they become more susceptible to changes in blood pressure that can become abnormal, either naturally occurring or due to disease, due to the gradual decline in organ function in older adults.

Blood pressure after the procedure *Self Hypnosis*

The results of the respondent analysis based on blood pressure after self-hypnosis showed that from 15 respondents, the blood pressure of elderly people with hypertension in the Rawasari Community Health Center in Jambi City after Self-Hypnosis was obtained, the mean systolic was 151.13 and diastolic was 83.07, the median systolic was 151.13 and diastolic was 83.07, the mode systolic was 150 and diastolic was 85, the standard deviation systolic was 6.653 and diastolic was 6.193.

Based on research on blood pressure in elderly hypertensive patients after being given self-hypnosis therapy, it shows that all respondents experienced changes in blood pressure, as many as 13 respondents experienced a decrease to grade 1 hypertension with systolic between 140-159 mmHg and diastolic 80-99 and 2 respondents were classified as grade 2 hypertension or degree 2 with systolic between 160-179 mmHg and diastolic 100-109 mmHg. These results show that after self-hypnosis there was a significant difference in blood pressure.

In line with the research method conducted by Rifki Ainur Siska in 2018 in his research journal entitled the influence of hypnotherapy on pressure blood pressure of hypertension sufferers in Jombatan, Jabon Community Health Center working area, which stated that the blood pressure of respondents, which initially had a mean systolic of 144.00

and a diastolic of 93.31, became a mean systolic of 129.75 and a diastolic of 82.63, after hypnotherapy¹⁹.

Strengthened by research conducted Galang which states that Afterdone The self-hypnosis action resulted in a systolic blood pressure of 147.44 mmHg, while the diastolic blood pressure was 84.97 mmHg. This represents stage 1 hypertension, with a systolic range of 140-159 mmHg and a diastolic range of 90-99 mmHg, consistent with the limits of hypertension in adults¹⁵.

According to researchers, the decrease in high blood pressure occurs due to the stimulation of endorphin release. Self-hypnosis itself is a non-pharmacological treatment technique that utilizes relaxation and the power of suggestion, where the respondent is introduced to the subconscious and given positive suggestions aimed at improving their health.

The Effect of Self-Hypnosis on Lowering Blood Pressure in Elderly People with Hypertension

Based on the results of the hypothesis test with the Wilcoxon Signed-Rank Test results show that There is an effect of self-hypnosis on blood pressure in hypertension sufferers, showing a significant difference between blood pressure before and after treatment in both variables, namely systolic $p = 0.001$ and diastolic $p = 0.001$. This means <0.05 , this indicates that the treatment given has a significant impact on changes in blood pressure. In this study, one of the factors that influences changes in reducing hypertension is non-pharmacologic therapy, namely *self-hypnosis*, therefore, with non-pharmacological hypnotherapy therapy, respondents experienced changes in blood pressure in hypertension sufferers.

Supported by research regarding the Influence Giving Self-hypnosis on Reducing Blood Pressure in Hypertension Patients in Argomulyo Sedayu Bantul Yogyakarta showed that the results of systolic and diastolic blood pressure before and after self-hypnosis administration showed a significant difference in values between pre-test and post-test blood pressure, which means that there is an effect of self-hypnosis training on reducing blood pressure in hypertension patients.¹⁵.

This finding is consistent with the study conducted by Eny Pujiati et al., which investigated the effect of hypnotherapy on anxiety levels and blood pressure among older adults with hypertension in the working area of the Ngemplak Community Health Center, Undaan District, Kudus Regency. The study reported significant reductions following the

hypnotherapy intervention. The mean anxiety score decreased from 65.00 (moderate anxiety) to 43.78 (no anxiety), the mean systolic blood pressure decreased from 151.67 mmHg (Stage 2 hypertension) to 135.00 mmHg (prehypertension), and the mean diastolic blood pressure decreased from 96.33 mmHg (Stage 1 hypertension) to 88.28 mmHg (prehypertension). Statistical analysis using the Wilcoxon signed-rank test demonstrated that hypnotherapy was effective in reducing anxiety levels as well as systolic and diastolic blood pressure, with a p-value < 0.001 ($\alpha = 0.05$).²⁰

Based on the research results that have been analyzed using the Wilcoxon Signed-Rank Test, it shows that there is a significant difference between blood pressure before and after treatment in both variables. That is systolic $p = 0.001$ and diastolic $p = 0.001$. means < 0.05 then H_0 is rejected and H_1 is accepted so that this shows that the treatment given has a significant impact on changes in blood pressure.

Conclusion

Self-hypnosis therapy is recommended as a complementary nursing intervention for elderly patients with hypertension alongside standard medical treatment. Healthcare providers, particularly nurses working in primary healthcare settings, should consider incorporating self-hypnosis into hypertension management programs. Further studies with larger sample sizes, randomized controlled designs, and longer follow-up periods are recommended to confirm its effectiveness and evaluate its long-term impact on blood pressure control and quality of life.

Reference

1. Hermanto. The influence of sociodemographic and clinical characteristics of patients on patient compliance in taking antihypertensive drugs. 6–8 (2025).
2. Research and Development of the Indonesian Ministry of Health. National Basic Health Research. *Basic Health Research* 63 (2018).
3. Directorate of P2PM. 2022 Performance Report of the Directorate General of Infectious Disease Prevention and Control. *Ministry of Health* 1–114 (2022).
4. Jambi, DKK Report on Non-Communicable Disease Cases in Jambi City in 2021. (2021).
5. Primantika, DA & Erika Dewi Noorratri. Application of Benson Relaxation Therapy to Reduce Blood Pressure in Elderly Hypertensive Patients in Joyotakan Village, Serengan District, Surakarta City. *IJOH Indones. J. Public Heal.* 01, 1–6 (2023).
6. Ririn Akmal Sari, RADS Controlling Hypertension in the Elderly Using Dayak Onion Infusion Therapy. *J. Health. Community* 6, 80–85 (2021).
7. Yunus, M. The relationship between age and gender with the incidence of hypertension

- at the Hajj Pemangilan Anak Tuha Community Health Center, Lampung Regency.9, 1–13 (2021).
8. Sari Pratiwi Apidianti, EY Blood pressure in hypertensive patients. 79 (2020).
 9. Suprayitno, E. The Effect of Self-Hypnosis on Reducing Blood Pressure in Hypertension Patients in Argomulyo Sedayu Bantul. <http://digilib.unisayogya.ac.id/6168/> (2021).
 10. Setyo, A., Taufik, A. & Sari, Y. Self-hypnosis with Audiohypnotherapy for Controlling Blood Pressure and Headaches in the Sehati RW I Mersi Hypertension Sufferers Group, Banyumas Regency.*J. Community Heal. Dev.*2, 24 (2021).
 11. KBBI. (Big Indonesian Dictionary). Online version of the dictionary (online).
 12. Baringbing, EP The Influence of Education Characteristics on the Incident of Hypertension in Outpatient Patients at RSUD dr. Doris Sylvanus Central Kalimantan Province. (2019).
 13. Ayuchecaria, N., Khairah, SN & Feteriyani, R. Level of Medication Compliance of Hypertension Patients at Pekauman Community Health Center, Banjarmasin.*J. Insa. Farm. Indonesia*.1, 234–242 (2018).
 14. Muhammad Yunus, I Wayan, D. The relationship between age and gender with the incidence of hypertension at the Haji Pemanggil Community Health Center, Anak Tuha District, Central Lampung Regency.9, 1–13 (2021).
 15. P, GRH The effect of self-hypnosis on reducing blood pressure in hypertension patients in Argomulyo Sedayu, Bantul, Yogyakarta. (2021).
 16. Malibel, YAA Chmk health journal volume 4 number 1, january 2020.4, 0–7 (2020).
 17. Khasanah, DN The Risk Factors Of Hypertension In Indonesia (Data Study Of Indonesian Family Life Survey 5).*J. Public Heal. Res. Community Heal. Dev.*5, 80–89 (2022).
 18. Habsari, SD & Sukendra, DM Risk Factors Associated with Hypertension Incidence in the Working Area of Mojolaban Community Health Center, Sukoharjo Regency.*J. Researcher. and Developer. of Indonesian Public Health*.5, (2024).
 19. Siska, RA The Effect of Self-Hypnosis or Hypnotherapy on Blood Pressure of Hypertension Patients in Jombatan, Jabon Community Health Center Work Area. (2018).
 20. Pujiati, E. & W, H. The Effect of Hypnotherapy on Reducing Anxiety Levels and Blood Pressure in Elderly People with Hypertension in the Working Area of the Ngemplak Community Health Center, Undaan District, Kudus Regency.*J. Nursing and Health. Main Cendekia Society*11, 77 (2022).