

Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) on Anxiety, Sleep Quality and Blood Pressure in Hypertension Patients

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ABSTRACT

Background: A person's anxiety due to an illness is one of the causes of hypertension or an increase in blood pressure above the normal limit in all age groups. Hypertension that is not recognized and is not treated immediately can cause various kinds of comorbidities. Therefore, apart from pharmacological treatment, non-pharmacological therapy is also needed to reduce anxiety and blood pressure and improve the quality of sleep for hypertension sufferers.

Purpose: The aim of this research is Explain the influence of Combination Of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) on anxiety, sleep quality and blood pressure in hypertension patients.

Methods: This research is quantitative research that uses a quasi-experiment research design with a pretest - posttest control group design approach. The entire population of hypertension patients in TNI AL Dr.Oepomo Hospital many as 97 people. The sample size was 44 respondents. The sampling technique is purposive sampling. The research independent variables are: Combination Of Spiritual Benson Relaxation And Lavender Aromatherapy (SBR-LA) and the dependent variables are anxiety, sleep quality and blood pressure. Analysis used the paired t-test with a significant p value <0.05.

Results: The results of research using the paired t-test show that there is an effect of giving The Effect of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) which is significant for anxiety with p value = 0.000, sleep quality with p value = 0.000 and systolic blood pressure p value = 0.000, diastolic blood pressure p value = 0.000.

Conclusion: The Effect of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) Effectively reduces anxiety levels, improves sleep quality and lowers blood pressure in hypertension patients. This technique is very easy to do, so it can be applied as a nursing intervention in inpatient rooms to develop nursing knowledge in hospitals.

Keywords: Anxiety, Benson Relaxation, Hypertension, Lavender Aromatherapy, Sleep Quality and Blood Pressure, Spiritual

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BACKGROUND

Hypertension is a non-communicable disease that causes various health problems if not treated immediately. Hypertension occurs due to an increase in blood pressure values above normal limits. Increase in blood pressure values, namely systolic and diastolic values which are above 140/90 mmHg (Novita et al., 2023). A person's anxiety due to an illness is one of the causes of hypertension or an increase in blood pressure above the normal limit in all age groups. Hypertension that is not recognized and is not treated immediately can cause various kinds of comorbidities which can then result in death (Syntyta, 2021). Therefore, apart from pharmacological treatment, non-pharmacological therapy is also needed to reduce anxiety and blood pressure and improve the quality of sleep for hypertension sufferers.

WHO data for 2018 states that around 26.4% of the world's population suffers from hypertension, with a ratio of 26.6% of men and 26.1% of women. The incidence of hypertension is expected to increase significantly by 2025, with 29% of adults worldwide suffering from hypertension. Hypertension causes the deaths of around 8 million people every year, 1.5 million deaths in Southeast Asia. The high population rate of hypertension causes an increase in the burden of health costs borne by the government (Leung et al., 2022). Basic health research data from the Indonesian Ministry of Health in 2018 stated that the incidence of hypertension based on measurement results in the population aged 18 years was 34.1%, the highest in South Kalimantan Province (44.1%), while the lowest was in Papua Province at (22.2%). As many as 60% of hypertension sufferers are in developing countries, one of which is the Republic of Indonesia. Indonesia is a country with a relatively high rate of degenerative disease sufferers. One of them is hypertension (Indonesian Ministry of Health, 2019). The number of hypertension sufferers continues to increase every year, it is predicted that by 2025 there will be 1.5 billion people who will suffer from hypertension and it is estimated that every year 10.44 million people will die from hypertension and its complications (RI Ministry of Health, 2021). Recorded data in 2022, hypertension is one of the 5 largest cases at TNI AL Dr. Oepomo Hospital.

Hypertension is a long-term disease and if it is not controlled and treated it will cause further diseases such as; stroke, heart attack, heart failure, and can also cause chronic kidney failure (CKD) (Mahyuvu, Katmini, et al., 2023). Acute hypertension sufferers who experience continuous anxiety will cause increased sympathetic nerve activity which can then gradually increase blood pressure and disrupt sleep quality. This is supported by research (Marliana et al., 2020) stated that there is a significant relationship between anxiety levels and blood pressure levels in hypertension sufferers, which means that the more anxious a person's condition is, the higher their blood pressure.

Anxiety occurs when the body's condition is disturbed due to psychological pressure and anxiety can trigger hormones in the body that control the thoughts of someone who experiences anxiety so that it can increase blood pressure and disrupt the patient's sleep quality (Marliana et al., 2020). Continuous anxiety causes poor sleeping habits so that the quality of sleep decreases, psychological conditions that occur due to mental tension and because of these psychological problems then result in difficulty sleeping and a reduced need for sleep (Miskha, 2021).

Sleep disorders are conditions of inability to sleep or difficulty in wanting to sleep, complaints that are often expressed are waking up at night, difficulty falling asleep, often waking up in the early morning or waking up quickly and having difficulty going back to sleep or being unable to continue sleeping (Muhith et al., 2020). Poor sleep quality will have the risk of increasing hypertension and the risk of cardiovascular disease in a person. In order to improve and restore the body's condition so that it remains healthy, hypertension sufferers

need good quality sleep because the immune system can be affected by lack of sleep and the blood contains a decrease in NKC (Natural Killer cells) (Nainar et al., 2020).

The condition of the body experiencing anxiety will stimulate the body to produce more adrenaline hormones, so that the heart's workload automatically increases. A person's blood pressure increases high and the person will experience hypertension. An increase in anxiety and a decrease in a person's sleep quality will influence effective and ineffective coping patterns. Coping is a person's way of finding solutions, getting solutions to problems, adapting to change, reacting to situations that pose a threat (Jubaedah & Pratiwi, 2021). Effective coping can result in adaptation and new knowledge. When coping is ineffective, there is an increase in physical, psychological and social function stress which results in physical illness and psychosocial disorders, including physical illness caused by anxiety (psychosomatics), namely an increase in high blood pressure or what is called hypertension (Trihandini et al., 2018).

Overcoming hypertension requires good cooperation between the medical team, health workers, patients, families and the surrounding environment or community. Health education for patients and families about disease and complications has an important role in improving treatment outcomes, and is expected to help improve the quality of life of hypertension sufferers. There are 2 risk factors for hypertension, namely factors that cannot be modified; genetic factors, age, gender, and ethnicity and modifiable factors; anxiety, stress, obesity and nutrition (Mrwaha et al., 2022). Anxiety that cannot be reduced or managed well will pose a risk, namely attacking hemodynamic problems in hypertension sufferers. In a healthy person, anxiety can be managed well, this can be seen by the ability to describe the sources of anxiety and being able to state ways to avoid this anxiety, including; learn what anxiety is, recognize the symptoms of anxiety that occur within oneself, change behavioral patterns and utilize a series of techniques and relaxation of fast and simple anxiety management (RY Sari et al., 2021). Strategies for managing anxiety in hypertension sufferers can be carried out using pharmacological and non-pharmacological interventions (Fitriani et al., 2022).

Based on evidence from evidence based practice, there are many ways that we can use to reduce the level of hypertension in sufferers, including: giving lavender aromatherapy, spiritual relaxation, Benson relaxation, distraction relaxation, mindfulness, deep breathing relaxation, progressive muscle relaxation, music therapy, guided imagery, and so forth. Benson Relaxation is a relaxation technique combined with the beliefs held by the patient. Formulas of certain words or sentences that are read repeatedly involving elements of faith and belief will cause a stronger relaxation response compared to just relaxation without involving elements of belief. The patient's confidence has a calming meaning (Fizran & Darmayanti, 2020).

Study (Rinhring & D Chanu, 2021) state Benson relaxation therapy can reduce the anxiety level of pregnant women who will give birth at high risk. The above is supported study (Mahyuvi & Tukirahmawati, 2022) which states that Benson relaxation with a spiritual approach can reduce the patient's anxiety level. Benson relaxation can also lower blood pressure and improve sleep quality. This is proven (Ramadhani et al., 2023) which states that relaxation Benson can reduce high blood pressure in patients with hypertension. Study (Marasabessy et al., 2020) which states that therapy Benson relaxation can improve the sleep quality of the elderly. From the results of this research, relaxation can be used as a non-pharmacological therapy to reduce anxiety and high blood pressure and improve sleep quality.

In an effort to increase the effectiveness of relaxation, Benson uses a spiritual approach and provides lavender aromatherapy. Spirituality is something multidimensional

including: existential and religious dimensions. The existential dimension focuses on the purpose and meaning of life, while the religious dimension focuses more on the individual's relationship to God Almighty (Yusuf et al., 2016). Research result(Muslim & Arofiati, 2019)which states that spiritual therapy has a significant effect on reducing systolic and diastolic blood pressure and pulse rate in hypertension patients. This is also strengthened by the results of research (Kirnawati, Susumaningrum, Rasni, & Susanto, 2021) which states that the higher the spiritual level, the more stable blood pressure can be controlled. Research result (Fiari et al., 2023) States thatSpiritual therapy can reduce anxiety levels. Research result (Özkaraman et al., 2018) States thatProviding lavender aromatherapy can reduce anxiety levels and improve sleep quality in cancer patients undergoing chemotherapy.

OBJECTIVE

The aim of this research is Explain the influence of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) on anxiety, sleep quality and blood pressure in hypertension patients.

METHODS

Quantitative research using a quasi-experimental with a pre- and post-test control group design. Independent Variablethe Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) and the dependent variable anxiety, sleep quality and blood pressure. The sampling technique used in this research is purposive sampling. The number of respondents is 44 people. The research was conducted at TNI AL Dr.Oepomo Hospital, Indonesia. The study was conducted in December 2023- January 2024. Before conducting this research, an ethical review of the protocol had been carried out and it was declared ethically worthy with number145/025/XII/EC/KEP/LCBL/2023. The statistical test of the research results used thepaired t test and Manova.

RESULTS

The research results obtained by the researchers are as follows:

Table 1. Data distribution of age, gender, education and occupation of respondents

Characteristic Data	Intervention		Control	
	Frequency	%	Frequency	%
Age				
18-40 years old	6	27.3	5	22.7
41-60 years old	13	59.1	13	59.1
> 60 years	3	13.6	4	18.2
Amount	22	100	22	100
Gender				
Man	17	77.3	16	72.7
Woman	5	22.7	6	27.3
Amount	22	100	22	100
Education				
Elementary School	3	13.6	2	9.2
Junior High School	9	40.9	10	45.3
Senior High School	9	40.9	7	31.9
College	1	4.6	3	13.6
Amount	22	100	22	100
Work				
Work	9	40.9	8	36.4

Doesn't work	13	59.1	14	63.6
Amount	22	100	22	100

Based on table 1. the ages of respondents in the intervention group were mostly (59.1) between 41-60 years and in the control group according to the inclusion criteria most were (59.1) between 41-60. Nearly all respondents in the intervention group (77.3%) were male and in the control group most (72.7%) were also male. Almost half of the respondents' education level in the intervention group (68.0%) was middle school and high school and in the control group almost half of the respondents' education level (45.3%) also had junior high school education. In the intervention group the majority (59.1%) of respondents did not work and in the control group the majority (63.6%) of respondents also did not work.

Table 2. Analysis Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) on anxiety in hypertension patients

Group	Mean	N	SD	SE	95% CI	t	p value
Intervention (Pre-Post)	18,045	22	6,786	1,447	15,037-21,054	12,473	,000
Control (Pre-Post)	1,636	22	4,170	,889	-.212- 3.485	1,841	,080

The results of the analysis in table 2 show that anxiety before and after being given the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA).Based on the paired t-test, the p value was .000, which means there is an effect. Based on the paired t-test for anxiety before and after the standard intervention was carried out in the control group, the p value was .080, which means there was no effect. This shows that there is a significant effect of reducing anxiety in hypertension patients who are given a the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA).

Table 3. Analysis Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) on sleep quality in hypertension patients

Group	Mean	N	SD	S.E	95%CI	t	p value
Intervention (Pre-Post)	9,182	22	2,462	,525	8,090 - 10,273	17,494	,000
Control (Pre-Post)	1,045	22	2,420	,516	-.027- 2.118	2,027	,056

The results of the analysis in table 3 show that the quality of sleep before and after being given the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA).Based on the paired t-test, the p value was .000, which means there is an effect. Based on the paired t-test of sleep quality before and after intervention according to standards in the control group, the p value was .056, which means there was no effect. This shows that there is a significant effect on improving sleep quality in hypertension patients who are given a the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA).

Table 4. Analysis Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA). on blood pressure in hypertension patients

Group	Mean	N	SD	S.E	95%CI	t	p value
Systole							
Intervention	20,545	22	12,588	2,684	14,964-	7,656	,000

(Pre-Post)					26,127		
Control (Pre-Post)	,273	22	9,377	1,999	-3,885-	.136	,893
					4,430		
Diastole							
Intervention (Pre-Post)	10,773	22	6,031	1,286	8,099-	8,378	,000
					13,447		
Control (Pre-Post)	,409	22	3,996	,852	-1,363-	,480	,636
					2,181		

Analysis results in table 4. showed that systolic blood pressure before and after being given a the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) Based on the paired t-test, the p value was .000, which means there is an effect. Based on the paired t-test for systolic blood pressure before and after intervention according to standards in the control group, the p value was .893, which means there was no effect. This shows that there is a significant effect on reducing systolic blood pressure in hypertension patients who are given a the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA).

Analysis results in table 4. showed that diastolic blood pressure before and after being given a the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) Based on the paired t-test, the p value was .000, which means there is an effect. Based on the paired t-test for diastolic blood pressure before and after intervention according to standards in the control group, the p value was .636, which means there was no effect. This shows that there is a significant effect on reducing diastolic blood pressure in hypertension patients who are given a the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA).

Table 5. Results of Multivariate Analysis of Variant (MANOVA) analysis of anxiety, sleep quality and blood pressure

Variable	Mean Squared	F	Sig.	Partial Eta Squared
Anxiety	2961,841	93,388	,000	,690
Sleep quality	712,023	121,184	,000	,743
Systolic blood pressure	4221.841	34,734	,000	,453
Diastolic blood pressure	1181.455	45.144	,000	,518

Based on table 5, the results of the Multivariate Analysis of Variant (MANOVA) analysis show that anxiety p value is .000 and Partial Eta Squared value is .690, sleep quality is p value .000 and Partial Eta Squared value is .743, systolic blood pressure is p value .000 and Partial Eta Squared value .453, diastolic blood pressure p value .000 and Partial Eta Squared value .518 which means that there is a combined influence the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) on anxiety, sleep quality and blood pressure in hypertension patients. Of the three variables that have the most influence on the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) is the sleep quality variable proven by the highest value Partial Eta Squared,743.

DISCUSSION**Anxiety Levels of Hypertension Patients at TNI AL Dr.Oepomo Hospital, Indonesia**

The results of the analysis in table 2 show that anxiety before and after being given the Benson Relaxation and Spiritual Combination Lavender Aromatherapy (SBR-LA) based on the paired t-test, the p value was .000, which means there is an effect. Based on the paired t-test for anxiety before and after the standard intervention in the control group, the p value was .080, which means there is no influence. This shows that there is a significant effect of reducing anxiety in hypertension patients who are given a the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA).

Hypertension patients experience physiological and psychological problems, after being given the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) hypertension patients experience a decrease in anxiety levels, because by being given this intervention the patient gradually calms down so that he can accept the various conditions he is suffering from while remaining enthusiastic and surrendering to God Almighty. This is proven by the results of research conducted in table 5.3 which proves that there is a significant reduction in anxiety in hypertension patients after being given the intervention of a the effect of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) with p value = .000. This is supported study (Fiari et al., 2023) which states that spiritual therapy can reduce anxiety. Also supported by case studies (Mahyuvi & Tukirahmawati, 2022) stated that Benson Relaxation Spiritual Intervention can overcome anxiety problems in chronic kidney failure patients. Study (Özkaraman et al., 2018) stated that giving lavender aromatherapy can reduce anxiety. Additionally supported by (Veronica & Dwiningrum, 2023) stated that lavender aromatherapy had an effect on reducing anxiety. Research by (Abidah et al., 2023) stated that the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) was effective in reducing anxiety in pregnant women during the 3rd period. Recent research by (Kuling et al., 2024) stated that the combination therapy of Benson relaxation, spiritual therapy and lavender aromatherapy was very effective in reducing anxiety in hemodialysis patients.

Individuals who experience anxiety are characterized by feelings of worry accompanied by somatic symptoms which indicate excessive activity in which general but non-specific symptoms occur frequently (Donelli et al., 2019). A person's feelings of anxiety are feelings of fear that are non-specific, unclear and not supported by situations and conditions (Thoyibah et al., 2019). Anxiety in hypertension patients can occur at any time, especially when faced with new things that are experienced, resulting in unclear feelings of fear accompanied by feelings of uncertainty, discomfort, and isolation due to the hypertension they are experiencing (Ibrahim et al., 2019). Various things that have a correlation with anxiety as a response to hypertension patients include sleep disorders or insomnia, changes in focus or concentration, lack of self-productivity and conflict of interest, stigma, and fear of the disease they are suffering from (Fiari et al., 2023). Hypertension sufferers have a variety of very holistic problems, both physically and psychologically, so they need comprehensive treatment (Novita et al., 2023). Giving a the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) to hypertension patients is needed so that the anxiety experienced by hypertension patients significantly decreases so that it can maximally improve the quality of life of hypertension patients.

The feeling of anxiety felt by hypertension patients is a non-specific feeling of fear accompanied by feelings of uncertainty, discomfort, and helplessness due to the disease they are experiencing. The increase in anxiety experienced is a form of mental health problem that

often occurs in hypertension patients. In difficult situations in life for hypertension sufferers, their anxiety level increases drastically, especially when there is a potential risk of comorbidities and advanced diseases that have the potential to cause death. This can cause individuals with hypertension to be susceptible to a high risk of health problems that have the potential to cause death. Therefore, it is necessary to anticipate so that the health of hypertension patients is maintained and controlled (Mahyuv, Pradana, et al., 2023). Early detection of factors that have an influence on anxiety in hypertension patients can help to better understand how to manage anxiety and to develop innovative preventative measures and therapeutic interventions that are suitable for administration (Mahyuv, Katmini, et al., 2023).

Anxiety in hypertension sufferers can be overcome using non-pharmacological complementary therapy, a Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) is a relaxation technique that can relax the mind and body through a process that will progressively release muscle tension in each body by breathing deeply while silently saying phrases of motivation, gratitude and self-surrender (do' a-prayer according to belief) and when doing it while inhaling lavender aromatherapy, which is carried out 2 times per day, 5 days a week for 10-15 minutes per intervention. When doing relaxation that involves all the five senses, a feeling of calm is created as a result of the balance between mind, body and soul. The Effect of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) What you do can increase the response of endorphins which can influence the mood of hypertension patients so that they can reduce the level of anxiety they experience.

The researcher's assumptions are related to research with complementary therapy interventions, Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) which is done regularly and consistently will be able to reduce anxiety in hypertension patients. The basic factors that influence the anxiety of hypertension patients are age, education and occupation. Because basic factors have an influence on the success of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA). Apart from this, experiences in a person's life influence a person's way of thinking, resulting in anxiety as a result of the atmosphere experienced by hypertension patients. Therefore, by providing the Benson Relaxation and Spiritual Combination intervention Lavender Aromatherapy (SBR-LA) can reduce anxiety significantly in hypertension patients.

Sleep Quality of Hypertension Patients at TNI AL Dr. Oepomo Hospital, Indonesia

Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) is a relaxation technique that can relax the mind and body through a process that will progressively release muscle tension in each body by breathing deeply while silently saying phrases of motivation, gratitude and self-surrender (do' a-prayer according to belief) and when doing it while inhaling lavender aromatherapy, which is carried out 2 times per day, 5 days a week for 10-15 minutes per intervention.

The results of the analysis in table 3 show that the quality of sleep before and after being given the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) based on the paired t-test, the p value was .000, which means there is an effect. Based on the paired t-test of sleep quality before and after intervention according to standards in the control group, the p value was .056, which means there was no effect. This shows that there is a significant effect on improving sleep quality in hypertension patients who are given a The Effect of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA).

The above shows that Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) influential on improving the sleep quality of hypertension patients.

This is in line with research (Marasabessy et al., 2020) stated that the Benson Relaxation intervention improved sleep quality. Also supported by research (Sunairattanaporn et al., 2022) proves that Benson Relaxation can improve the sleep quality of dialysis patients. The research is corroborated (Sulistiyowati & Rahmawati, 2023) stated that the combination of Benson Therapy and Lavender Aroma Therapy is effective in improving sleep quality in the elderly. As well as research (Motavakel et al., 2020) stated that spiritual therapy also improves sleep quality.

In people with hypertension, a long-term decrease in sleep quality can cause decreased endurance, fatigue, depression, irritability and decreased ability to concentrate. Poor sleep quality can cause health problems for the body, both physiologically and psychologically. Individuals who have poor sleep disorders are associated with decreased parasympathetic nerves and increased sympathetic nerves. This problem is caused by poor sleep quality in individuals as the main cause of heart disease and reduces Heart Rate Variability (HRV) and can increase heart rate (Eswarya et al., 2023).

Someone who experiences sleep disturbances is not only caused by a single factor, but also by several factors, for example someone who has an illness that causes pain, they will experience disturbances when sleeping because they feel physical discomfort which results in a reduction in the number of hours they can sleep.(Fitriani et al., 2022). This is in line with research (Nainar et al., 2020)carried out by those who stated that hypertension sufferers experienced sleep disturbances.

Relaxation provided through Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) can improve sleep quality.Spirituality is one action to improve sleep quality. Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) This is based on a spiritual relaxation technique that can relax the mind and body through a process that will progressively release muscle tension in each body with deep breaths while silently saying motivational sentences, gratitude and self-surrender (prayer- prayer according to belief) and when doing it while inhaling lavender aromatherapy to reduce emotional distress.

These sentences and lavender aromatherapy will regulate emotions by reducing amygdala activation, then the stimulus is sent to the prefrontal cortex in the form of a learning process (a process of learning carefully through the process of selection, organization, and interpretation of the stressors it receives) which will then produce a change in self-perspective that in the form of awareness to learn lessons and self-acceptance of the conditions currently experienced(Muttaqin, 2020).This feeling of relaxation is transmitted to the hypothalamus to produce corticotropin releasing factor (CRF) which will stimulate the pituitary gland to increase the hormones endorphins, enkephalins and serotonin. Physiologically, meeting the need for sleep is the result of a decrease in RAS (Reticular Activation System) activity and norepinephrine as a decrease in activity of the brain stem system. The relaxation response occurs because the activity of the parasympathetic autonomic nervous system is stimulated, causing changes that can control the activity of the autonomic nervous system in the form of a decrease in oxygen function, respiratory frequency, pulse rate, muscle tension, blood pressure and alpha waves in the brain, resulting in a relaxation response. one can fall asleep easily (Romadhon & Dewi, 2022).

Based on the facts and research findings, Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) It is highly recommended to improve the sleep quality of hypertension sufferers.

Blood Pressure of Hypertension Patients at TNI AL Dr.Oepomo Hospital, Indonesia

The Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) has a significant effect on changes in blood pressure in hypertension patients. The results

of the analysis in table 4 show that the systolic blood pressure before and after being given the The Effect of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) based on the paired t-test, the p value was .000, which means there is an effect. Based on the paired t-test for systolic blood pressure before and after intervention according to standards in the control group, the p value was .893, which means there was no effect. This shows that there is a significant effect on reducing systolic blood pressure in hypertension patients who are given a The Effect of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA).

Analysis results in table 4. showed that diastolic blood pressure before and after being given a The Effect of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) based on the paired t-test, the p value was .000, which means there is an effect. Based on the paired t-test for diastolic blood pressure before and after intervention according to standards in the control group, the p value was .636, which means there was no effect. This shows that there is a significant effect on reducing diastolic blood pressure in hypertension patients who are given a The Effect of the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA). This research is in line with research conducted by (Kirnawati, Susumaningrum, Rasni, Susanto, et al., 2021) The higher the spiritual level, the more able an elderly person is to control blood pressure. Study (Faidah & Sulistyarningsih, 2023; Ramadhani et al., 2023) states that the Benson Relaxation Technique can effectively reduce high blood pressure in hypertension sufferers. Study (Puspitasari et al., 2022; Rahmadhani, 2022) prove that giving Lavender Aromatherapy can reduce high blood pressure. Several studies show that managing high blood pressure with a non-pharmacological therapeutic approach including weight loss, limiting alcohol, sodium and tobacco, exercise and relaxation are mandatory interventions that must be carried out in every therapy given to patients with high blood pressure (Smeltzer & Bare, 2014).

Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) does not directly affect blood pressure in hypertension patients, but from Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) If given, the level of anxiety decreases and the quality of sleep improves so that the patient becomes better and is able to change the pattern or lifestyle of hypertension patients to a healthy lifestyle. This ultimately has an impact on the body's physiological functions so that the blood pressure of hypertension sufferers drops and becomes more controlled.

Efforts made to control high blood pressure are stated in the Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) . On the gift of Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) explains how relaxation techniques can relax the mind and body through a process that will progressively release muscle tension in each body with deep breaths while silently saying phrases of motivation, gratitude and self-surrender (prayers). according to belief) and when doing it while inhaling lavender aromatherapy so that it can reduce emotional distress which in turn makes high blood pressure decrease or can be controlled.

CONCLUSION

1. Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) reduce anxiety levels in hypertension patients.
2. Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) improve the sleep quality of hypertension patients.
3. Combination of Spiritual Benson Relaxation and Lavender Aromatherapy (SBR-LA) reduce or control systolic and diastolic blood pressure in hypertension patients.

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CONFLICTS OF INTEREST

In this research, from the beginning to the end of the research there were no conflicts of interest

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