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***“THE EFFECT OF FIVE FINGER RELAXATION THERAPY ON THE LEVEL OF ANXIETY IN PATIENTS WITH HYPERTENSION IN PATRIA IKKT HOSPITAL OF JAKARTA 2019”***

*6 Chapter + 70 Pages + 15 Table + 6 Scheme + 4 Image + 9 Attachments*

**ABSTRACT**

*Anxiety can cause adrenalin to increase which affects the heart's activity and blood pressure. The study aims to find effect of five finger relaxation therapy on the level of anxiety in patients with hypertension at Patria IKKT Hospital of Jakarta 2019. There are 49 respondents with purposive sampling as sampling technique. The design study is pre-experimental with one group pre-post test. The method for data collection was questionnaire of HARS with Wilcoxon Signed Rank Test data analysis. The result for this study obtained p-value of 0,000 (<0,05) stated there is a significant effect of five finger relaxation therapy on the level of anxiety in patients with hypertension in Patria IKKT Hospital of Jakarta in 2019. It is recommended for Patria IKKT to renew their policy about nursing care. Nurses give five fingers relaxation as a non-pharmacological treatment for patient in nursing care planning.*

*Keywords: Therapy, Five Finger Relaxation, Anxiety, Hypertension*  
*Literature : 45 (2003 – 2019)*