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**Kata Kunci**: Hipertensi, Terapi relaksasi otot progresif, Tekanan Darah (Maks 5 kata)

***ABSTRACT***

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***Keywords:*** *Hypertension, progressive muscle relaxation therapy, blood pressure (max. 5 kata)*

**LATAR BELAKANG**

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**SIMPULAN DAN SARAN**

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