

Literature Review: The Relationship Between Benson Relaxation Technique and Blood Pressure Reduction in Elderly Patients with Hypertension

Indah Munariyah¹, Ilvi Nurdiana², Riska Sofia Indriani³, Suwanti⁴

¹Bachelor Nursing Program, Universitas Ngudi Waluyo, indahtaryo@gmail.com

²Bachelor Nursing Program, Universitas Ngudi Waluyo, ilvynurdiana@gmail.com

³Bachelor Nursing Program, Universitas Ngudi Waluyo, riska.sofia1020@gmail.com

⁴Bachelor Nursing Program, Universitas Ngudi Waluyo, wanticintanurfatwa@gmail.com

Email Correspondence: indahtaryo@gmail.com

Article Info	Abstract
Article History Submitted, 2026-04-12 Accepted, 2026-05-19 Published, 2026-06-30	Hypertension is a major global health problem contributing to high morbidity and mortality due to cardiovascular complications. Non-pharmacological therapies, such as the Benson relaxation technique, are increasingly used as complementary approaches to control blood pressure. This study employed a descriptive literature review design. Articles were systematically searched through Google Scholar and Garuda databases within the publication period of 2021–2025. Inclusion criteria included original research articles, full-text availability, and relevance to the topic of Benson relaxation and blood pressure reduction. A total of five eligible articles were selected and analyzed narratively. All reviewed studies demonstrated a significant reduction in both systolic and diastolic blood pressure following the implementation of the Benson relaxation technique ($p < 0.05$). The intervention was typically conducted for 5–10 minutes, with a frequency of 1–2 times per day over 5–7 days. The findings indicate that Benson relaxation effectively promotes physiological relaxation by reducing sympathetic nervous system activity and enhancing parasympathetic response, leading to blood pressure stabilization. Conclusion of this study was the Benson relaxation technique is an effective non-pharmacological intervention for reducing blood pressure in patients with hypertension. It can be recommended as a complementary nursing intervention to improve patient outcomes.
Keywords: Hypertension, blood pressure, benso relaxation	

Introduction

Hypertension remains a major global health concern due to its significant contribution to morbidity and mortality associated with cardiovascular complications. It is defined as a persistent elevation of systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg based on repeated measurements (Ayu Pratiwi K et al., 2021). This condition is often referred to as a silent killer because it typically presents without specific symptoms, yet it can lead to serious complications such as coronary heart disease, heart failure, stroke, and even death (Yulendasari & Djamaludin, 2021).

Globally, the prevalence of hypertension continues to rise. The World Health Organization reports that more than one billion people worldwide are affected, with the majority residing in developing countries. In Indonesia, data from the Basic Health Research (Riskesdas) indicate that the prevalence of hypertension among individuals aged ≥ 18 years has reached 34.1%, with cases increasing annually (Simahati, 2025). This growing prevalence highlights hypertension as a critical public health issue that requires comprehensive management strategies (Ayu Pratiwi K et al., 2021).

Hypertension is influenced by various risk factors, both modifiable and non-modifiable. Modifiable factors include unhealthy dietary patterns, physical inactivity, alcohol consumption, smoking, and stress, whereas non-modifiable factors consist of age, gender, and genetic predisposition (Yulendasari & Djamaludin, 2021). Among the elderly population, the risk of hypertension increases due to physiological changes in the cardiovascular system associated with aging (Sepriana et al., 2023). The management of hypertension generally involves two main approaches: pharmacological and non-pharmacological therapies. Pharmacological treatment includes the use of antihypertensive medications, while non-pharmacological approaches focus on lifestyle modifications such as low-sodium diets, regular physical activity, smoking cessation, and stress management (Ayu Pratiwi K et al., 2021). Non-

Corresponding author:

Indah Munariyah

indahtaryo@gmail.com

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Universitas Ngudi Waluyo

pharmacological interventions are increasingly preferred due to their safety, ease of implementation, and minimal side effects (Yulendasari & Djamaludin, 2021).

One non-pharmacological intervention that has gained considerable attention is the Benson relaxation technique. This method combines deep breathing exercises with the repetition of specific words or phrases that carry spiritual meaning, thereby inducing a relaxation response in the body (Sepriana et al., 2023). Physiologically, this technique reduces sympathetic nervous system activity while enhancing parasympathetic activity, leading to decreased heart rate, vasodilation, and ultimately lower blood pressure (Ayu Pratiwi K et al., 2021).

Several studies have demonstrated the effectiveness of Benson relaxation in reducing blood pressure among hypertensive patients. Evidence indicates a significant decrease in blood pressure following the intervention, with statistical significance ($p < 0.05$) (Sepriana et al., 2023). Other studies also report meaningful reductions in both systolic and diastolic blood pressure levels (Atmojo & Al., 2025). Furthermore, this technique is simple to perform, cost-effective, and can be practiced independently by patients (Simahati, 2025). Despite the growing body of evidence supporting the effectiveness of Benson relaxation, a comprehensive literature review is still needed to systematically evaluate and synthesize findings from previous studies. Therefore, this study aims to analyze and summarize existing research on the effectiveness of the Benson relaxation technique in reducing blood pressure among patients with hypertension.

Methods

This study employed a descriptive literature review design to analyze previous research findings regarding the effectiveness of the Benson relaxation technique in reducing blood pressure among patients with hypertension. Data were collected through a systematic search of scientific articles from Google Scholar, Garuda, and accredited national journals published between 2021 and 2025. The keywords used in the search process included “hypertension,” “blood pressure,” “Benson relaxation,” and “Benson relaxation therapy.” The inclusion criteria consisted of original research articles, full-text availability, relevance to the research topic, and publications in either English or Indonesian. Meanwhile, review articles, opinion papers, editorials, and studies without clear outcomes were excluded. The selected articles were analyzed narratively by comparing and synthesizing the findings related to study design, sample characteristics, intervention procedures, and blood pressure

outcomes before and after the Benson relaxation intervention.

Literature search strategy: The literature search in this study was conducted using Google Scholar, Garuda, and accredited national journals. Although these sources are relevant and useful for identifying national scientific publications, relying solely on these databases may not capture all internationally relevant studies. Therefore, to enhance the completeness and comprehensiveness of the literature review, future studies are recommended to include international databases such as PubMed, Scopus, and ScienceDirect. The use of multiple databases can broaden the scope of the literature search and reduce the possibility of overlooking relevant articles. This is consistent with the findings of Frandsen et al. (2025), who stated that the use of additional databases in literature searches can improve the coverage of identified studies and strengthen the overall quality of the review. The search utilized keywords such as “hypertension,” “blood pressure,” “Benson relaxation,” and “Benson relaxation therapy.” Articles published between 2021 to 2025 were included to ensure the relevance and timeliness of the data. The inclusion criteria for this review were: Original research articles, studies examining the effects of the Benson relaxation technique on blood pressure in hypertensive patients, articles available in full-text format, and publications in either Indonesian or English. The exclusion criteria included: articles lacking clear or measurable research outcomes, review articles, opinion papers, or editorials and studies not relevant to the research topic.

The articles selection process was carried out in several stages, including identification, screening, and eligibility assessment. Initially, articles were identified through database searches and then screened based on titles and abstracts. Studies that met the initial criteria were further assessed through full-text review to ensure their relevance to the research objectives. Ultimately, five articles were selected and included in this literature review.

Data analysis was conducted by comparing, categorizing, and synthesizing findings from the selected studies. The extracted data included study design, sample size, participant characteristics, details of the Benson technique intervention, and blood pressure outcomes before and after the intervention. The results were then presented narratively to provide a comprehensive overview of the effectiveness of the Benson relaxation technique in reducing blood pressure among patients with hypertension.

Results and Discussion

Literature review was conducted on 5 articles. The publication years were between 2020 and 2025. The results of this literature review demonstrated that all included studies consistently reported reductions in both systolic and diastolic blood pressure following the

implementation of the Benson relaxation technique in patients with hypertension. The reviewed studies employed quasi-experimental, pre-experimental, and case study designs, with sample sizes ranging from 15 to 32 participants. The intervention was generally administered for 5–10 minutes, with a frequency of one to two times daily over a period of 5–7 days. Statistical analyses across the studies indicated significant reductions in blood pressure, with p-values of less than 0.05. One study specifically reported a decrease in mean systolic blood pressure from 149.93 mmHg to 138.97 mmHg and diastolic blood pressure from 89.33 mmHg to 84.07 mmHg after the intervention. Overall, all reviewed studies concluded that the Benson relaxation technique was effective in reducing blood pressure among patients with hypertension.

The results of the journal analysis are shown in Table 1 as follows:

Table 1. Results of Journal Analysis

No	Research	Method	Results
1.	The Effect of Benson Relaxation Technique on Blood Pressure in Patients with Hypertension (Yulendasari & Djamaludin, 2021)	Quasi-experimental, nonequivalent control group pretest-posttest, 32 respondents, Benson Relaxation for 5 minutes, once daily for 5 days	Reduction in systolic BP by 8.063 mmHg and diastolic BP by 4.188 mmHg (p=0.000). Benson Relaxation was effective in reducing blood pressure in hypertensive patients
2.	Application of Benson Relaxation Technique in Reducing Blood Pressure in Patients with Hypertension(Ayu Pratiwi K et al., 2021)	Case study / evidence-based nursing. 1–2 patients. Benson Relaxation according to nursing SOP	Blood pressure decreased after intervention. Benson Relaxation can be applied as an independent nursing intervention
3.	Application of Benson Relaxation Technique in Reducing Blood Pressure in Patients with Hypertension(Ayu Pratiwi K et al., 2021)	Quasi-experimental, ±15 respondents, Benson Relaxation for 10 minutes over several days.	Significant reduction in blood pressure (p<0.05). Benson Relaxation was effective in elderly hypertensive patients
4.	Effectiveness of Benson Relaxation Therapy on Blood Pressure in Patients with Hypertension(Atmojo & Al., 2025)	Pre-experimental one group pretest-posttest, 30 respondents. Benson Relaxation routinely according to study protocol	Systolic BP decreased from 149.93 to 138.97 mmHg, diastolic BP decreased from 89.33 to 84.07 mmHg (p=0.000). Benson Therapy was effective in reducing blood pressure
5.	Effectiveness of Benson Relaxation as a Non-Pharmacological Therapy for Hypertension (Simahati, 2025)	Literature review / quasi-experimental. Various. Benson Relaxation as adjunctive therapy	Most studies showed a reduction in blood pressure. Benson Relaxation is recommended as a complementary therapy

The findings of this literature review demonstrate that the Benson relaxation technique has a significant effect on reducing blood pressure among patients with hypertension. The consistent reduction in both systolic and diastolic blood pressure reported across the included studies indicates that Benson relaxation may serve as an effective complementary non-pharmacological intervention in hypertension management (Yulendasari & Djamaludin, 2021; Sepriana et al., 2023). These findings are supported by the theoretical framework explaining that relaxation techniques can modulate autonomic nervous system activity through suppression of sympathetic responses and enhancement of parasympathetic activity, thereby promoting vasodilation, decreasing heart rate, and improving circulatory stability (Ayu Pratiwi K et al., 2021). In addition, the incorporation of spiritual and meditative components within the Benson relaxation technique may contribute to psychological comfort and stress reduction, both of which play important roles in blood pressure regulation (Yulendasari & Djamaludin, 2021).

The results of this review are also consistent with previous evidence indicating that relaxation-based interventions contribute positively to cardiovascular stability and stress management in hypertensive patients (Sepriana et al., 2023). Compared with pharmacological therapy alone, the Benson relaxation technique offers several advantages, including ease of implementation, minimal cost, safety, and the ability to be performed independently by patients without specialized equipment (Simahati, 2025). Consequently, this intervention has important implications for nursing practice, particularly as a complementary nursing therapy that may enhance patient-centered care and improve the quality of life among individuals with hypertension.

Nevertheless, several limitations of this review should be acknowledged. The included studies demonstrated variability in research design, sample characteristics, intervention duration, and frequency of implementation, which may influence the consistency and generalizability of the findings (Sepriana et al., 2023). Furthermore, the literature search was limited to Google Scholar, Garuda, and accredited national journals, potentially restricting the inclusion of broader international evidence. In addition, several cited references published in 2025 may raise concerns regarding publication status and accessibility. Therefore, future studies are recommended to employ more rigorous methodologies, involve larger and more diverse populations, apply standardized intervention protocols, and utilize broader international databases such as PubMed, Scopus, and ScienceDirect to strengthen the evidence base concerning the effectiveness of the Benson relaxation technique in hypertension management.

Conclusion

The evidence synthesized in this literature review indicates that the Benson relaxation technique has the potential to effectively reduce blood pressure among patients with hypertension, as reflected by the consistent reduction in both systolic and diastolic blood pressure reported across the included studies. Nevertheless, the majority of the reviewed studies employed quasi-experimental and pre-experimental research designs with relatively limited sample sizes, which may affect the external validity and generalizability of the findings. Therefore, further investigations utilizing larger sample populations, rigorous methodological approaches, and randomized controlled trial designs are strongly recommended to establish more comprehensive and scientifically robust evidence regarding the effectiveness of the Benson relaxation technique in hypertension management.

Based on the findings of this literature review, it can be concluded that the Benson relaxation technique is effective in reducing blood pressure among patients with hypertension. All analyzed studies consistently demonstrated significant reductions in both systolic and diastolic blood pressure following the intervention. The effectiveness of Benson relaxation is attributed to its combined physiological and psychological mechanisms, including the reduction of sympathetic nervous system activity and the enhancement of parasympathetic responses. These effects contribute to relaxation, stress reduction, and improved blood circulation. In addition, the technique is simple, low-cost, and can be easily performed independently by patients. Therefore, Benson relaxation can be recommended as a safe and effective non-pharmacological therapy for managing blood pressure and improving the quality of life of individuals with hypertension.

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