Jurnal Profesi Keperawatan

Vol ... No ... Bulan, Tahun

P-ISSN 2355-8040, E-ISSN 2776-0065 http://jprokep.jurnal.centamaku.ac.id

**JUDUL NASKAH**

**(** **Maksimum 20 kata. Judul diketik dengan huruf *Book Antique*, ukuran *font* 13, *bold UPPERCASE,* center*,* jarak 1 spasi)**

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**ABSTRAK**

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

***ABSTRACT***

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

**LATAR BELAKANG**

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**SIMPULAN DAN SARAN**

**Simpulan**

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**UCAPAN TERIMAKASIH (Bila Ada)**

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