

ABSTRAK

PENGARUH *SLOW DEEP BREATHING EXERCISE* TERHADAP PENURUNAN TEKANAN DARAH LANSIA DENGAN HIPERTENSI

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Hipertensi merupakan peningkatan tekanan darah di atas normal karena penyempitan pembuluh darah atau gangguan lainnya. Hipertensi akan terus meningkat seiring bertambahnya usia. Salah satu cara menangani hipertensi secara nonfarmakologi antara lain dengan *slow deep breathing exercise*. Penelitian ini bertujuan untuk mengetahui pengaruh *slow deep breathing exercise* terhadap penurunan tekanan darah lansia dengan hipertensi. Desain penelitian ini menggunakan *One Group Pretest-Posttest Design*. Populasi dalam penelitian ini adalah seluruh lansia yang menderita hipertensi di dusun Tamping desa Mojotamping wilayah kerja Puskesmas Bangsal sebanyak 21 orang. Jumlah sampel dalam penelitian ini sebanyak 15 responden dengan teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen penelitian menggunakan *sphygmanometer* digital untuk mengukur tekanan darah. Hasil penelitian ini menunjukkan bahwa rata-rata penurunan tekanan darah sistole sesudah diberikan *slow deep breathing exercise* sebesar 6,33 mmHg dan rata-rata penurunan tekanan darah diastole sebesar 4,06 mmHg. Hasil analisis dengan menggunakan uji *paired T test* didapatkan nilai signifikansi sistol dan diastol ($p \text{ value} = 0,000 < \alpha 0,05$) sehingga H_0 ditolak yang menunjukkan bahwa terdapat pengaruh *slow deep breathing* terhadap penurunan tekanan darah lansia dengan hipertensi di dusun Tamping desa Mojotamping wilayah kerja puskesmas Bangsal. *Slow deep breathing* ini tidak memiliki efek samping sehingga dapat dijadikan salah satu pengobatan nonfarmakologis untuk menurunkan tekanan darah.

Kata kunci : *Slow deep breathing exercise*, tekanan darah, hipertensi

ABSTRACT

EFFECT OF SLOW DEEP BREATHING EXERCISE ON REDUCTION OF ELDERLY BLOOD PRESSURE WITH HYPERTENSION

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Hypertension is an increase in blood pressure above normal due to constriction of blood vessels or other disorders. Hypertension will continue to increase with age. One way to handle hypertension in a non-pharmacological way is by slow deep breathing exercises. This study aims to determine the effect of slow deep breathing exercises on reducing blood pressure in the elderly with hypertension. This research design uses One Group Pretest-Posttest Design. The population in this study were all elderly who suffer from hypertension in the Tamping hamlet of Mojotamping village, the working area of the Bangsal public health center as many as 21 people. The number of samples in this study was 15 respondents with a sampling technique using purposive sampling. The research instrument used a digital sphygmomanometer to measure blood pressure. The results of this study indicate that the average decrease in systolic blood pressure after being given a slow deep breathing exercise was 6.33 mmHg and the average decrease in diastolic blood pressure was 4.06 mmHg. The results of the analysis using paired T-test showed the significance of systole and diastole ($p\text{-value} = 0,000 < \alpha 0.05$) so that H_0 is rejected which indicates that there is an effect of slow deep breathing on the decrease in elderly blood pressure with hypertension in the Tamping hamlet of Mojotamping village, the work area of the Bangsal public health center. This slow deep breathing has no side effects so that it can be used as a non-pharmacological treatment to reduce blood pressure.

Keywords: Slow deep breathing exercise, blood pressure, hypertension