

ABSTRAK

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Prodi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Pada Pasien Hipertensi Dengan Masalah
Ansietas Melalui Intervensi Teknik Relaksasi *Slow Deep Breathing* Di
Rumah Sakit Islam Sakinah Mojokerto
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Hipertensi merupakan penyakit tidak menular yang sering disertai masalah keperawatan ansietas. Ansietas dapat meningkatkan aktivitas sistem saraf simpatis sehingga memperburuk peningkatan tekanan darah dan meningkatkan risiko komplikasi kardiovaskular. Salah satu intervensi keperawatan nonfarmakologis yang dapat diterapkan untuk mengatasi ansietas adalah teknik relaksasi *slow deep breathing*. Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan asuhan keperawatan pada satu pasien hipertensi dengan masalah keperawatan ansietas di Rumah Sakit Islam Sakinah Mojokerto. Pengumpulan data dilakukan melalui data primer, yaitu Asuhan keperawatan jiwa yang meliputi wawancara, observasi, pemeriksaan fisik, dan pengukuran tingkat ansietas menggunakan Hamilton Anxiety Rating Scale (HARS), serta data sekunder berupa telaah rekam medis dan catatan observasi keperawatan. Intervensi teknik relaksasi *slow deep breathing* dilaksanakan selama tiga hari, yaitu 14 sampai 17 April 2026, sesuai Standar Intervensi Keperawatan Indonesia (SIKI). Analisis data dilakukan secara deskriptif komparatif dengan membandingkan kondisi pasien sebelum dan sesudah pemberian intervensi berdasarkan hasil pengkajian, implementasi, dan evaluasi keperawatan. Setelah dilakukan intervensi, tingkat ansietas pasien menurun dari skor HARS 24 (ansietas sedang) menjadi skor 13 (ansietas ringan). Tekanan darah mengalami penurunan dari 183/106 mmHg menjadi 154/90 mmHg, denyut nadi dari 116 kali/menit menjadi 86 kali/menit, pasien tampak lebih tenang, mampu mengontrol kecemasan, tidak lagi mengeluhkan jantung berdebar, dan kualitas tidur membaik. Penerapan teknik relaksasi *slow deep breathing* sebagai bagian dari asuhan keperawatan terbukti membantu menurunkan tingkat ansietas dan tekanan darah pada pasien hipertensi. Implikasi praktik penelitian ini menunjukkan bahwa *slow deep breathing* dapat dijadikan sebagai intervensi keperawatan nonfarmakologis yang sederhana, aman, mudah diterapkan, dan mendukung pelayanan keperawatan yang holistik pada pasien hipertensi dengan masalah ansietas.

Kata kunci: Ansietas, Hipertensi, Slow Deep Breathing

ABSTRACT

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Study Program : Professional Nursing Program
Title : Analysis of Nursing Care for Patients with Hypertension and Anxiety
Through Slow Deep Breathing Relaxation Technique at Sakinah Islamic
Hospital Mojokerto
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Hypertension was a non-communicable disease that was frequently accompanied by anxiety as a nursing problem. Anxiety increased sympathetic nervous system activity, which worsened blood pressure elevation and increased the risk of cardiovascular complications. One non-pharmacological nursing intervention that could be applied to reduce anxiety was the slow deep breathing relaxation technique. This study used a descriptive case study design with a nursing care approach involving one patient with hypertension and anxiety at Sakinah Islamic Hospital Mojokerto. Data were collected through primary data, including psychiatric nursing assessment, interviews, observations, physical examinations, and anxiety assessment using the Hamilton Anxiety Rating Scale (HARS), as well as secondary data obtained from medical records and nursing observation notes. The slow deep breathing intervention was implemented for three days, from April 14 to April 17, 2026, in accordance with the Indonesian Nursing Intervention Standards (SIKI). Data were analyzed using descriptive comparative analysis by comparing the patient's condition before and after the intervention based on nursing assessment, implementation, and evaluation. The results showed that the patient's anxiety level decreased from a HARS score of 24 (moderate anxiety) to 13 (mild anxiety). Blood pressure decreased from 183/106 mmHg to 154/90 mmHg, while pulse rate decreased from 116 beats/minute to 86 beats/minute. The patient appeared calmer, was able to control anxiety, no longer complained of palpitations, and demonstrated improved sleep quality. The implementation of the slow deep breathing relaxation technique as part of nursing care helped reduce anxiety levels and blood pressure in the patient with hypertension. The practical implication of this study suggested that slow deep breathing could be used as a simple, safe, and effective non-pharmacological nursing intervention to support holistic nursing care for patients with hypertension and anxiety.

Keywords: Anxiety, Hypertension, Slow Deep Breathing.