

ABSTRAK

Dati Selowarni

Penerapan *Deep Breathing Relaxation* untuk Mengatasi Nyeri Akut pada Pasien Hipertensi di Desa Pengilon Semarang

10 halaman depan + 55 halaman isi + 2 tabel + 3 gambar + 8 lampiran akhir

Latar Belakang: Hipertensi merupakan penyakit kronis yang ditandai dengan peningkatan tekanan darah dan sering disertai keluhan nyeri kepala, khususnya pada area tengkuk. Salah satu terapi nonfarmakologis yang efektif untuk mengurangi keluhan nyeri adalah teknik *Deep Breathing Relaxation (DBR)*. Teknik ini dapat meningkatkan aktivitas sistem parasimpatis dan menurunkan sistem saraf simpatis, sehingga berdampak pada penurunan tekanan darah dan nyeri.

Metode: Penelitian ini menggunakan desain studi kasus deskriptif pada dua orang responden wanita berusia 35–65 tahun yang mengalami hipertensi dengan keluhan nyeri akut. Intervensi *Deep Breathing Relaxation* dilakukan selama 3 hari dengan durasi 10–15 menit per sesi. Evaluasi dilakukan menggunakan alat ukur Numeric Rating Scale (NRS) sebelum dan sesudah intervensi.

Hasil Penelitian: Setelah dilakukan intervensi, tingkat nyeri kedua pasien menurun dari kategori sedang menjadi ringan. Selain itu, terjadi penurunan tekanan darah, peningkatan kenyamanan, dan kualitas istirahat pasien.

Kesimpulan: Teknik *Deep Breathing Relaxation* terbukti efektif dalam mengurangi nyeri akut pada pasien hipertensi dan dapat dijadikan alternatif intervensi nonfarmakologis dalam praktik keperawatan.

Kata kunci: *Deep Breathing Relaxation*, Hipertensi, Nyeri Akut, Nonfarmakologis
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ABSTRACT

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Implementation of Deep Breathing Relaxation to Overcome Acute Pain in Hypertension Patients in Pengilon Village, Semarang

10 front pages + 55 content pages + 1 table + 3 images + 8 final attachments

Background: Hypertension is a chronic disease characterized by increased blood pressure and is often accompanied by complaints of headaches, especially in the nape area. One of the effective non-pharmacological therapies to reduce pain complaints is the Deep Breathing Relaxation (DBR) technique. This technique can increase the activity of the parasympathetic system and reduce the sympathetic nervous system, thus having an impact on reducing blood pressure and pain.

Method: This study used a descriptive case study design on two female respondents aged 35–65 years who had hypertension with complaints of acute pain. The Deep Breathing Relaxation intervention was carried out for 3 days with a duration of 10–15 minutes per session. Evaluation was carried out using the Numeric Rating Scale (NRS) measuring instrument before and after the intervention.

Research Results: After the intervention, the pain levels of both patients decreased from moderate to mild. In addition, there was a decrease in blood pressure, increased comfort, and quality of patient rest.

Conclusion: The Deep Breathing Relaxation technique has been proven effective in reducing acute pain in hypertensive patients and can be used as an alternative non-pharmacological intervention in nursing practice.

Keywords: Deep Breathing Relaxation, Hypertension, Acute Pain, Non-pharmacological

References: 30 (2019–2024)