

“PENERAPAN SLOW DEEP BREATHING TERHADAP TEKANAN DARAH PADA PASIEN HIPERTENSI DI RUANG KENANGA RSUD LIMPUNG KAB BATANG

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ABSTRAK

Latar belakang: Hipertensi merupakan salah satu penyakit kronis yang dapat meningkatkan risiko komplikasi serius, termasuk penyakit jantung dan stroke. Salah satu pendekatan non-farmakologis yang dapat digunakan untuk mengelola hipertensi yang menyertainya adalah teknik slow deep breathing. Teknik ini bertujuan untuk memberikan efek relaksasi, menurunkan pengelolaan tekanan darah, dan membantu regulasi tekanan darah pasien hipertensi.

Tujuan: Penelitian ini bertujuan untuk menganalisis efektivitas penerapan slow deep breathing terhadap tekanan darah penderita hipertensi pada lansia di Ruang Kenanga Rsud Limpung Batang

Metode: Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus yang dilakukan pada bulan September 2025. Data dikumpulkan melalui pengukuran tekanan darah sebelum dan sesudah intervensi, serta menggunakan kuesioner pengelolaan tekanan darah. Intervensi dilakukan selama tiga hari berturut-turut, dengan pemberian teknik slow deep breathing secara berulang.

Hasil: Hasil penelitian menunjukkan bahwa terdapat penurunan tekanan darah yang signifikan setelah intervensi. Sebelum intervensi, tekanan darah rata-rata responden tergolong tinggi, dengan nilai tertinggi 202/116 mmHg dan terendah 148/100 mmHg. Setelah intervensi, tekanan darah menurun secara bertahap, dengan penurunan rata-rata sebesar 6-15 mmHg. .

Kesimpulan: Slow deep breathing terbukti efektif dalam menurunkan tingkat tekanan darah pada penderita hipertensi. Teknik ini dapat digunakan sebagai terapi komplementer dalam manajemen hipertensi pada pasien.

Kata Kunci: Hipertensi, Slow Deep Breathing,

***“APPLICATION OF SLOW DEEP BREATHING ON BLOOD PRESSURE IN
HYPERTENSION PATIENTS IN THE KENANGA ROOM OF LIMPUNG
REGENCY HOSPITAL BATANG REGENCY***

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ABSTRACT

Background: Hypertension is a chronic disease that can increase the risk of serious complications, including heart disease and stroke. One non-pharmacological approach that can be used to manage the accompanying hypertension is the slow deep breathing technique. This technique aims to provide a relaxation effect, reduce blood pressure management, and help regulate blood pressure in hypertensive patients.

Objective: This study aims to analyze the effectiveness of the application of slow deep breathing on blood pressure in elderly hypertension patients in the Kenanga Room of Limpung Hospital

Method: This study used a descriptive method with a case study approach conducted in September 2025. Data were collected through blood pressure measurements before and after the intervention, and using a blood pressure management questionnaire. The intervention was carried out for three consecutive days, with repeated administration of the slow deep breathing technique.

Results: The results showed that there was a significant decrease in blood pressure after the intervention. Before the intervention, the average blood pressure of respondents was high, with the highest value of 202/116 mmHg and the lowest 148/100 mmHg. After the intervention, blood pressure decreased gradually, with an average decrease of 6-15 mmHg. .

Conclusion: Slow deep breathing has been shown to be effective in lowering blood pressure levels in people with hypertension. This technique can be used as a complementary therapy in the management of hypertension in patients.

Keywords: Hypertension, Slow Deep Breathing,

