

**PENERAPAN TERAPI RELAKSASI NAFAS DALAM PADA
LANZIA DENGAN HIPERTENSI DI WILAYAH
KERJA PUSKESMAS PLERET**

Pipit Adisty¹, Jenita DT Donsu², Tri Widyastuti H³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta Jl. Tata Bumi No. 3
Banyuraden, Gamping, Sleman, Yogyakarta
Email : adistypipit10@gmail.com

ABSTRAK

Latar Belakang : Lanjut usia adalah seseorang yang telah mencapai usia 60 tahun keatas. Hipertensi adalah suatu penyakit yang ditandai dengan tekanan darah persisten dimana tekanan sistolik di atas 140 mmHg dan diastolik di atas 90 mmHg. Penatalaksanaan penyakit hipertensi dapat dilakukan secara farmakologi dan non farmakologi. Terapi non farmakologi dapat dilakukan dengan terapi relaksasi. Terapi relaksasi nafas dalam merupakan pernafasan pada abdomen dengan frekuensi lambat serta perlahan, berirama, dan nyaman. Teknik reaksi tarik nafas dalam dapat menurunkan tekanan darah.

Tujuan : Studi kasus ini dilakukan bertujuan untuk mengetahui penerapan terapi relaksasi nafas dalam pada lansia dengan hipertensi di wilayah kerja Puskesmas Pleret.

Metode : Metode penelitian yang digunakan dalam penyusunan karya tulis ilmiah ini berupa penelitian deskriptif studi kasus dengan menggunakan pendekatan peroses keperawatan. Subyek studi ini meliputi dua pasien lansia dengan hipertensi. Penelitian dilakukan selama tiga hari berturut-turut.

Hasil : Setelah dilakukan penerapan didapatkan hasil adanya perbedaan tekanan darah sistolik dan diastolik sebelum dan sesudah intervensi. Penurunan tekanan darah selama tiga hari penerapan mendapatkan hasil penurunan tekanan sistolik \pm 30 mmHg dan tekanan darah diastolik \pm 20 mmHg.

Kesimpulan : Penerapan terapi relaksasi nafas dalam efektif untuk menurunkan tekanan darah pada lansia dengan hipertensi.

Kata Kunci : Hipertensi, lansia, terapi relaksasi nafas dalam

¹ Mahasiswa D III Keperawatan Poltekkes Kemenkes Yogyakarta

² Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

³ Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

*APPLICATION OF DEEP BREATHING RELAXATION THERAPY IN ELDERLY
WITH HYPERTENSION IN THE WORKING AREA
OF THE PLERET HEALTH CENTER*

Pipit Adisty¹, Jenita DT Donsu², Tri Widyastuti H³
*Nursing Major Health Polytechnic of Health Ministry Yogyakarta Tata Bumi
Street No. 3 Banyuraden, Gamping, Sleman, Yogyakarta
Email : adistypipit10@gmail.com*

ABSTRACT

Background : *Elderly is someone who has reached the age of 60 years and over. Hypertension is a disease characterized by persistent blood pressure where the systolic pressure is above 140 mmHg and the diastolic is above 90 mmHg. Management of hypertension can be done pharmacologically and non-pharmacologically. Non-pharmacological therapy can be done with relaxation therapy. Deep breathing relaxation therapy is breathing in the abdomen with a slow and slow frequency, rhythmic and comfortable. Reaction technique of deep breathing can lower blood pressure.*

Objective : *This case study was conducted with the aim of knowing the application of deep breathing relaxation therapy to the elderly with hypertension in the working area of the Pleret Health Center.*

Method : *The research method used in the preparation of this scientific paper is a case study descriptive research using a fellowship process approach. The subjects of this study included two elderly patients with hypertension. The research was conducted for three consecutive days.*

Result : *After the implementation of the results obtained there was a difference in systolic and diastolic blood pressure before and after the intervention. The decrease in blood pressure for three days of application resulted in a decrease in blood pressure of ± 30 mmHg and a diastolic blood pressure of ± 20 mmHg.*

Conclusion : *The application of deep breathing relaxation therapy is effective for reducing blood pressure in the elderly with hypertension.*

Keywords : *Hypertension, elderly, deep breathing relaxation therapy*

¹ *Student D III Nursing Poltekkes Kemenkes Yogyakarta*

² *Lecturer in the Nursing Department of Poltekkes Kemenkes Yogyakarta*

³ *Lecturer in the Nursing Department of Poltekkes Kemenkes Yogyakarta*