

**PENERAPAN TEKNIK *SLOW DEEP BREATHING* UNTUK
MENURUNKAN TEKANAN DARAH PADA LANSIA
HIPERTENSI DI WILAYAH KERJA
PUSKESMAS SEDAYU I**

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ABSTRAK

Latar Belakang: Lanjut usia adalah seseorang yang telah mencapai usia diatas 60 tahun. Hipertensi atau penyakit darah tinggi merupakan keadaan darah dalam arteri mengalami peningkatan peredaran yang ditandai dengan tekanan darah sistolik ≥ 140 mmHg dan tekanan darah diastolik ≥ 90 mmHg. Prevalensi kematian akibat komplikasi hipertensi di seluruh dunia sebesar 9,4 juta jiwa di setiap tahunnya. Penatalaksanaan hipertensi dapat dilakukan secara farmakologis dan non farmakologis. Terapi non farmakologis dapat dilakukan dengan teknik relaksasi. Teknik relaksasi *slow deep breathing* merupakan teknik yang dilakukan secara sadar yang bertujuan untuk mengatur kecepatan dan kedalaman napas menjadi 6 - 10 kali tiap menit sehingga memberikan efek relaksasi pada tubuh. Teknik *slow deep breathing* dapat menurunkan tekanan darah.

Tujuan: Menerapkan teknik *slow deep breathing* pada lansia dengan hipertensi di Wilayah Kerja Puskesmas Sedayu I dengan pendekatan proses asuhan keperawatan.

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

Hasil: Pada klien 1 setelah dilakukan penerapan pada hari keempat terdapat penurunan tekanan darah sistolik ± 45 mmHg dan tekanan darah diastolik ± 28 mmHg. Pada klien 2 terdapat penurunan tekanan darah sistolik ± 38 mmHg dan tekanan diastolik ± 22 mmHg.

Kesimpulan: Penerapan teknik *slow deep breathing* efektif untuk menurunkan tekanan darah pada lansia dengan hipertensi.

Kata kunci: Hipertensi, lansia, teknik *slow deep breathing*

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**APPLICATION OF SLOW DEEP BREATHING TECHNIQUE TO
LOWER BLOOD PRESSURE IN ELDERLY PATIENTS WITH
HYPERTENSION IN THE WORKING AREA OF
SEDAYU I PUBLIC HEALTH CENTER**

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ABSTRACT

Background: Elderly is someone who has reached the age of over 60 years. Hypertension or high blood pressure is a condition where blood in the arteries experiences increased circulation which is characterized by systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. The prevalence of death due to complications of hypertension worldwide is 9.4 million people each year. Hypertension management can be done pharmacologically and non-pharmacologically. Non-pharmacological therapy can be done with relaxation techniques. The slow deep breathing relaxation technique is a technique that is done consciously which aims to regulate the speed and depth of breathing to 6-10 times per minute so as to provide a relaxing effect on the body. The slow deep breathing technique can lower blood pressure.

Objective: To apply the slow deep breathing technique to the elderly with hypertension in the Sedayu I Health Center Working Area with a nursing care process approach.

Method: The research method used in compiling this scientific paper is a descriptive case study research using a nursing care process approach. The subjects of this case study include two elderly clients with hypertension. The study was conducted for four consecutive days.

Results: In client 1 after the application on the fourth day there was a decrease in systolic blood pressure of ± 45 mmHg and diastolic blood pressure of ± 28 mmHg. In client 2 there was a decrease in systolic blood pressure of ± 38 mmHg and diastolic pressure of ± 22 mmHg.

Conclusion: The application of the slow deep breathing technique is effective in lowering blood pressure in the elderly with hypertension.

Keywords: Hypertension, elderly, slow deep breathing technique

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