

# PENERAPAN TEKNIK RELAKSASI NAPAS DALAM UNTUK MENURUNKAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI RSUD PANEMBAHAN SENOPATI BANTUL

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## ABSTRAK

**Latar Belakang** : Hipertensi merupakan penyakit tidak menular yang ditandai dengan peningkatan tekanan darah di atas nilai normal dan dapat menimbulkan komplikasi apabila tidak ditangani dengan baik. Salah satu terapi nonfarmakologis yang dapat diberikan untuk menurunkan tekanan darah pada pasien penderita hipertensi yaitu teknik relaksasi napas dalam.

**Tujuan** : Mendeskripsikan penerapan teknik relaksasi napas dalam terhadap penurunan tekanan darah pada pasien hipertensi di RSUD Panembahan Senopati Bantul.

**Metode** : Studi kasus ini menggunakan metode deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi keperawatan. Subjek studi kasus adalah dua pasien hipertensi yang dirawat di Ruang Bima RSUD Panembahan Senopati Bantul. Intervensi dilakukan selama 3 hari berturut-turut dengan terapi relaksasi napas dalam selama 10-15 menit pada pagi dan sore hari .

**Hasil** : Setelah dilakukan intervensi selama 3 hari berturut turut pada pagi dan sore hari, kedua pasien menunjukkan penurunan tekanan darah sistolik dan diastolik, serta penurunan keluhan seperti pusing, pegal pada tengkuk, dan juga gelisah. Pasien tampak lebih rileks dan nyaman setelah terapi diberikan. Tidak ditemukan efek samping selama pelaksanaan intervensi.

**Kesimpulan** : Penerapan terapi relaksasi napas dalam dapat membantu menurunkan tekanan darah serta memberikan rasa rileks pada pasien hipertensi, sehingga terapi ini dapat digunakan sebagai salah satu terapi pendukung dalam pemberian asuhan keperawatan pada pasien hipertensi.

**Kata Kunci** : Hipertensi, relaksasi napas dalam, tekanan darah.

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APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUES TO  
LOWER BLOOD PRESSURE IN HYPERTENSION PATIENTS AT  
PANEMBAHAN SENOPATI HOSPITAL, BANTUL

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**ABSTRACT**

**Background:** Hypertension is a non-communicable disease characterized by an increase in blood pressure above normal values and may cause complications if not managed properly. One of the non-pharmacological therapies that can be used to reduce blood pressure in hypertensive patients is the deep breathing relaxation technique.

**Objective:** To describe the effectiveness of the implementation of deep breathing relaxation techniques in reducing blood pressure among hypertensive patients at Panembahan Senopati Bantul Regional General Hospital.

**Methods:** This case study used a descriptive method with a nursing process approach including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subjects of this case study were two hypertensive patients treated in the Bima Ward of Panembahan Senopati Bantul Regional General Hospital. The intervention was carried out for 3 consecutive days using deep breathing relaxation therapy for 15–20 minutes in the morning and afternoon.

**Results:** After the intervention was carried out for 3 consecutive days in the morning and afternoon, both patients showed a decrease in systolic and diastolic blood pressure, as well as a reduction in complaints such as dizziness, neck stiffness, and restlessness. Patients appeared more relaxed and comfortable after the therapy was administered. No side effects were found during the implementation of the intervention.

**Conclusion:** The implementation of deep breathing relaxation therapy can help reduce blood pressure and provide a relaxing effect in hypertensive patients, therefore this therapy can be used as a complementary therapy in nursing care for hypertensive patients.

**Keywords:** Hypertension, deep breathing relaxation, blood pressure.

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