

PENERAPAN TEKNIK *ALTERNATE NOSTRIL BREATHING EXERCISE* UNTUK MENURUNKAN TEKANAN DARAH PADA LANSIA DENGAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS GAMPING II

Nova Amalia¹, Tri Prabowo², Bondan Palestin³
^{1,2,3}Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman
Email: nvaamalia29@gmail.com

ABSTRAK

Latar Belakang: Lansia merupakan individu yang telah memasuki usia di atas 60 tahun. Hipertensi menjadi salah satu penyakit terbanyak pada lansia dengan prevalensi yang terus meningkat setiap tahunnya. Hipertensi adalah kondisi meningkatnya tekanan darah sistolik ≥ 140 mmHg dan diastolik ≥ 90 mmHg. Penatalaksanaan hipertensi dapat dilakukan secara farmakologis maupun nonfarmakologis. Salah satu terapi nonfarmakologis yang dapat diterapkan yaitu *alternate nostril breathing exercise* (ANBE). Teknik ANBE merupakan latihan pernapasan melalui lubang hidung secara bergantian yang bertujuan memberikan efek relaksasi, meningkatkan aktivitas saraf parasimpatis, memperlancar sirkulasi darah, serta membantu menurunkan tekanan darah.

Tujuan: Mengetahui penerapan teknik *alternate nostril breathing exercise* pada lansia dengan hipertensi di wilayah kerja Puskesmas Gamping II dengan pendekatan proses keperawatan.

Metode: Metode penelitian yang digunakan dalam penyusunan karya tulis ilmiah ini adalah penelitian deskriptif studi kasus dengan menggunakan pendekatan proses keperawatan. Subyek studi kasus ini meliputi dua lansia dengan hipertensi.

Hasil: Pada klien 1 setelah dilakukan penerapan teknik ANBE pada hari keempat terdapat penurunan tekanan darah sistolik sebesar 33 mmHg dan tekanan darah diastolik sebesar 3 mmHg. Pada klien 2 terdapat penurunan tekanan darah sistolik sebesar 27 mmHg dan tekanan diastolik sebesar 11 mmHg.

Kesimpulan: Penerapan teknik *alternate nostril breathing exercise* dapat menurunkan tekanan darah pada lansia dengan hipertensi.

Kata kunci: hipertensi, lansia, teknik *alternate nostril breathing exercise*

**APPLICATION OF ALTERNATE NOSTRIL BREATHING EXERCISE
TECHNIQUE TO LOWER BLOOD PRESSURE IN ELDERLY PATIENTS
WITH HYPERTENSION IN THE WORKING AREA OF GAMPING II
PUBLIC HEALTH CENTER**

Nova Amalia¹, Tri Prabowo², Bondan Palestin³
^{1,2,3}Department of Nursing, Poltekkes Kemenkes Yogyakarta
Tata Bumi Street No.3 Banyuraden, Gamping, Sleman
Email: nvaamalia29@gmail.com

ABSTRACT

Background: Elderly are individuals aged over 60 years. Hypertension is one of the most common diseases among the elderly, with a prevalence that continues to increase each year. Hypertension is a condition characterized by systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. Hypertension management can be carried out through pharmacological and non-pharmacological therapy. One of the non-pharmacological therapies that can be applied is alternate nostril breathing exercise (ANBE). ANBE is a breathing exercise performed alternately through the nostrils that aims to provide a relaxation effect, increase parasympathetic nervous system activity, improve blood circulation, and help reduce blood pressure.

Objective: To determine the implementation of the alternate nostril breathing exercise technique in elderly patients with hypertension in the working area of Puskesmas Gamping II using the nursing process approach.

Methods: The research method used in this scientific paper was a descriptive case study with a nursing process approach. The subjects of this case study consisted of two elderly patients with hypertension.

Results: In client 1, after the implementation of the ANBE technique on the fourth day, there was a decrease in systolic blood pressure of 33 mmHg and diastolic blood pressure of 3 mmHg. In client 2, there was a decrease in systolic blood pressure of 27 mmHg and diastolic blood pressure of 11 mmHg.

Conclusion: The implementation of the alternate nostril breathing exercise technique can reduce blood pressure in older adults with hypertension.

Keyword: hypertension, elderly, alternate nostril breathing exercise technique