

IMPROVEMENT OF KNOWLEDGE ABOUT BREATH TRAINING IN
CHANGE OF HYPERTENSION BLOOD PRESSURE

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ESSENCE

Background; Hypertension is an abnormally high blood pressure and is considered to have hypertension if the blood pressure exceeds 140/90 mmHg. Essential hypertension is an increase in blood pressure whose cause is not known with certainty. Essential hypertension is also known as primary hypertension. But it can be caused by interrelated factors (not date / special factors). Primary hypertension has a population of approximately 905 of all hypertensive patients. This disease is categorized as the silent disease because the patient does not know he has hypertension before checking his blood pressure. **Aim;** It is hoped that it can provide information to the public, especially for people with hypertension high blood pressure. **Output Description;** This potter's theme is an exercise to reduce hypertension by using deep breaths. And created using a computer application software with a resolution of 300 dpi. **Conclusion;** Deep breaths can lower blood pressure in people with hypertension.

Keywords; *Inhalation to Decrease Hypertension*