

***Deep Breath Relaxation and Classical Music Therapy to  
Reduce Hypertension in the Elderly***

**Atik Suyatmi**

*D-III Nursing Study Program, Faculty of Health Sciences,  
'Aisyah University Surakarta.*

*Email : [atiksuyatmi3@gmail.com](mailto:atiksuyatmi3@gmail.com)*

---

***Essence***

*Hypertension is a condition in which there is an increase in systolic pressure of 140 mmHg or more and diastolic blood pressure of 90 mmHg or more. One of the therapies used to reduce hypertension is deep breath relaxation and classical music therapy. The purpose of making this Pocket Book is to make it easier for the elderly to do deep breath relaxation and classical music therapy. Deep breath relaxation is breathing with a slow, rhythmic and comfortable frequency by closing your eyes while inhaling. The goal of deep breathing relaxation is to reduce stress and provide a sense of comfort.*

*There are two benefits of deep breath relaxation, namely psychological benefits and physiological benefits. Psychological benefits include relieving stress and reducing anger. While the physiological benefits are improving blood circulation, lowering blood pressure, and helping to reduce pain. The tools used in breathing relaxation are chairs or beds and pillows. Music Therapy is the skill of using music to improve, maintain, and restore mental and emotional health.*

*The goal of music therapy is to train sensitivity to feelings and emotions, and train mentally. The benefits of music therapy are providing calm, increasing relaxation, reducing the risk of stress, lowering blood pressure, and relieving pain. The tools used in Music Therapy are CD Player / Handphone, Radio, Tensimeter, Stethoscope and Stationery.*

***Keywords:*** *Hypertension, Relaxation, Classical Music*