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***SLOW DEEP BREATHING THERAPY AS AN EFFORT TO REDUCE
HIGH BLOOD PRESSURE IN ELDERLY PEOPLE WITH
HYPERTENSION WITH BOOKLET MEDIA***

SUMMARY

Background : Elderly is someone who has reached the age of > 60 years, the elderly are susceptible to suffering from hypertension. The prevalence of hypertension at 31-44 years old was 31.6%, 45-54 years old was 45.3%, 55-64 years old was 55.2%. A person is said to have hypertension if the systolic pressure > 140 mmHg and diastolic pressure > 90 mmHg. Symptoms in people with hypertension include headaches and discomfort in the neck, palpitations, ringing in the ears, blurred vision, swelling of the feet and ankles. Handling of hypertension includes administering medication, diet regulation, exercise, and relaxation techniques (slow deep breathing therapy) that can be taught to clients to reduce high blood pressure. ***Objective*** : Information and Education Communication Media (IEC) as a health promotion medium regarding slow deep breathing therapy as an effort to reduce high blood pressure in the elderly. ***Method*** : The method used is using IEC media in the form of booklets as a promotional medium containing a slow deep breathing exercise program as an effort to reduce high blood pressure in the elderly. ***Result*** : The IEC printed media in the form of booklets can be distributed directly to the public, especially the elderly with hypertension. ***Conclusion*** : As a medium for promoting education and information for the community, especially for the elderly, regarding slow deep breathing therapy in dealing with high blood pressure in the elderly.

Keywords : Elderly, Slow Deep Breathing, Hypertension