

# APPLICATION OF INSPIRATION RELAXATION THERAPY ON BLOOD PRESSURE CHANGES IN ELDERLY HYPERTENSION PATIENTS

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## ABSTRACT

**Background:** Hypertension is a condition when high blood pressure is abnormally high. A person is considered to have hypertension if his blood pressure exceeds 140/90 mmHg. Deep breathing therapy is a form of nursing care in which the nurse teaches the client how to take deep breaths, slow breaths (hold inspiration maximally) and how to exhale slowly. **Purpose:** To determine changes in blood pressure in elderly patients with hypertension before and after deep breathing relaxation therapy. **Methods:** This application uses descriptive research methods and observes events or events that have already occurred. Descriptive research is research conducted to describe or describe an event that occurs in society. **Results:** The results of the application showed that systolic and diastolic blood pressure before being given inhale relaxation therapy in average systolic blood pressure of 170 mmHg and diastolic blood pressure of more than 100 mmHg, after being given deep breath relaxation therapy the average systolic blood pressure of 150 mmHg and a diastolic blood pressure of 90 mmHg. **Conclusion:** deep breathing relaxation therapy can reduce the blood pressure of elderly people with hypertension in Hamlet Mojomulyo

**Keywords:** Elderly, Hypertension, Inhalation Relaxation Therapy