

**APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUE TO  
REDUCE BLOOD PRESSURE IN ELDERLY WITH  
HYPERTENSION IN JATEN VILLAGE**

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**ABSTRACT**

**Background:** Hypertension is a common disease in the elderly. One of the non-pharmacological therapy efforts used to reduce blood pressure in elderly people with hypertension is deep breathing relaxation technique. Deep breathing relaxation technique is a situation which can cause a person to be free from pressure and anxiety or to return to balance after a disturbance occurs. **Purpose:** To describe the results of blood pressure measurements before and after deep breathing relaxation techniques were performed on elderly people with hypertension in Jaten Village. **Methods:** This research is an applied research with case studies using descriptive research methods. **Results:** This application shows the results before the application of deep breathing relaxation techniques to Mrs. N includes grade 1 hypertension and Mrs. P is classified as grade 2 hypertension, while after implementing deep breathing relaxation techniques for 2 sessions, namely morning and afternoon with a duration of 15 minutes for 4 consecutive days, Mrs. N becomes normal blood pressure and Mrs. P includes grade 1 hypertension. **Conclusion:** Deep breathing relaxation techniques can reduce blood pressure in elderly people with hypertension in Jaten Village.

**Keywords :** Elderly, Hypertension, Deep Breathing Relaxation Technique