

**APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUES
WITH A COMBINATION OF DZIKIR ASMAUL HUSNA
ON BLOOD PRESSURE IN HYPERTENSION PATIENTS
AT Dr. RSUD SOEDIRAN MANGUN SUMARSO
WONOGIRI**

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ABSTRACT

Background: Hypertension is a chronic condition characterized by an increase in systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg in the walls of arterial blood vessels. Hypertension rarely causes symptoms so many do not realize that they have suffered from hypertension. This condition needs more attention, as hypertension can cause a variety of chronic diseases such as strokes, heart failure and even death. Efforts to implement hypertension can basically be done through both pharmacological and non-pharmacological therapies. **Objective:** To find out the results of application of Inner Breath Relief Technique with combination of Dzikir Asmaul Husna against blood pressure in hypertensive patients in RSUD Dr. Soediran Mangun Sumarso. **Methods:** This research design uses case study methods with descriptive research modes. **Results:** Blood pressure test results after application of deep breath relaxation technique with a combination of dzikir asmaul husna at Tn. I 165/98 mmHg whereas at N. S 194/112 mm Hg due to N.S as a control group. **Conclusion:** There was a change in blood pressure before and after the application of deep breath relief therapy with the combination of dzikir asmaul husna in Mr. I.

Keywords: Asmaul Husna Dzikir, Hypertension, Deep Breathing Relaxation, Blood Pressure