

**PENERAPAN SLOW DEEP BREATHING EXERCISE TERHADAP
TEKANAN DARAH PADA PASIEN HIPERTENSI DI
KELURAHAN JOYOTAKAN**

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ABSTRAC

Background: Hypertension is one of the diseases of the blood vessels that result in the supply of oxygen and nutrients that the blood carries to the body's tissues that need it. Hypertension is also called a silent killer or silently killing. Factors that influence the onset of hypertension are usually influenced by age, genetics, diet, excess salt intake, alcohol consumption and stress. The effects of hypertension if uncontrolled and not treated immediately can lead to kidney disease, retinopathy/retina damage, peripheral vascular disease, nervous disorders, and strokes. **Objective:** To find out the results of the implementation of the Slow Deep Breathing Exercise on blood pressure in hypertensive patients in Kelurahan Joyotakan. **Method:** descriptive, number of respondents 2, with having hypertension stage 1, implementation using Slow Deep Breathing Exercise. **Results:** blood pressure of the second elderly before the application of Slow deep breathing exercises included in the category of stage 1. Blood pressure in the first elder with uncontrolled hypertensive after the administration of the use of the slow deep breathing exercise was subdivided into the high normal category, and elderlier after the implementation of the applied slow deep breathe exercise was in the normal category.

Keyword : Slow deep breathing, hypertension, blood pressure