

***Application of Relaxation Techniques Breath In Against Blood Pressure Lowering On Ny. S With Hypertension in RT 05 RW V Jajar Surakarta***

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*Abstrak*

**Background:** Hypertension is blood pressure within the range of 140/90 mmHg or more. WHO prevalence of hypertension 972 million people or 26.4% of the earth's inhabitants suffer from hypertension, this figure is likely to increase to 29.2% in 2025. Hypertension in patients can be treated with pharmacological and nonpharmacological therapy, one of nonpharmacological therapy is deep breathing relaxation. Deep breath is the abdominal breathing with slow, rhythmic and comfortable frequency that is done by closing the eyes. **Purpose:** This study aims to determine the application of deep breath relaxation techniques to decrease blood pressure. **Metode:** This research technique using description method by observing on research subject. Blood pressure measurements measured with sphygmometer and stethoscope were recorded before and after the application of deep breathing. **Result:** The results of systolic and diastolic blood pressure prior to breathing relaxation techniques in 160/110 mmHg, While systolic and diastolic blood pressure after breathing relaxation technique in 140/90 mmHg. **Conclusion:** The conclusion of the application of breath relaxation techniques is effective in decreasing blood pressure.

**Keyword :** Hypertention, Deep Breathing, Blood pressur lowering.