

**APPLICATION OF SLOW DEEP BREATHING EXERCISE AND FINGER
GRIPPING ON ELDERLY PEOPLE WITH HYPERTENSION IN
JOYOTAKAN VILLAGE**

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ABSTRACT

Background: Hypertension is often referred to as the “silent killer” because it often has no symptoms but can cause serious complications. The prevalence of hypertension continues to increase, and it is estimated that by 2025, approximately 29% of the adult population worldwide will be diagnosed with hypertension. Proper management is crucial to prevent serious complications from hypertension. A simple and effective method for hypertensive patients is the slow deep breathing technique and finger grip exercise. **Objective:** To determine the results of implementing slow deep breathing and finger grip exercises on blood pressure in elderly hypertensive patients in Joyotakan Village. **Method:** A case study with a descriptive design. **Results:** The study results indicate a decrease in blood pressure among elderly hypertensive patients after applying slow deep breathing and finger grip techniques. **Conclusion:** The application of slow deep breathing and finger grip techniques can be used as therapy to lower blood pressure in elderly hypertensive patients.

Keywords: Finger Grip, Hypertension, Slow Deep Breathing