

# APPLICATION OF FINGER GRIP RELAXATION THERAPY AND DEEP BREATHING ON BLOOD PRESSURE IN HYPERTENSIVE ELDERLY AT KARANGANYAR HOSPITAL

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## ABSTRACT

**Background:** Hypertension is a serious health problem and leading cause of death worldwide, characterized by blood pressure  $\geq 140/90$  mmHg. Finger grip relaxation therapy and deep breathing are effective non-pharmacological methods to lower blood pressure. **Objective:** This study aims to determine the difference in blood pressure before and after applying finger grip therapy and deep breathing in hypertensive elderly. **Methods:** A case study approach with a descriptive design was used, involving 2 respondents who underwent finger grip therapy and deep breathing exercises for 3 consecutive days. **Results:** The results showed a significant reduction in blood pressure. Systolic blood pressure decreased by 15 mmHg in Mr. S and 13 mmHg in Mr. D, while diastolic blood pressure decreased by 7 mmHg in Mr. S and 15 mmHg in Mr. D. **Conclusion:** Finger grip therapy and deep breathing can effectively reduce blood pressure in hypertensive elderly, offering a promising non-pharmacological intervention for managing hypertension.

**Keywords :** *Elderly, deep breathing, finger grip therapy, hypertension*