

***THE APPLICATION OF SLOW DEEP BREATHING THERAPY IN
REDUCING BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN
RW 07 PURWODININGRATAN VILLAGE, JEBRES SUB-DISTRICT,
SURAKARTA CITY***

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ABSTRACT

Background: Hypertension is a disease of the cardiovascular system that has a high mortality and morbidity rate. Hypertension is often dubbed as a silent killer. One of the interventions that can be given is slow deep breathing with a slow and deep breathing frequency that causes a relaxing effect. ***Objective:*** Knowing the results of the implementation of slow deep breathing on lowering blood pressure in patients with hypertension in RW 07 Purwodiningratan Village. ***Methods:*** Research using a descriptive case study. With the application of slow deep breathing on two respondents to reduce blood pressure, carried out twice a day morning and evening for 3 days. Judging from the results of blood pressure measurements before and after application. ***Results:*** Blood pressure before on Mr. A is 186/110 mmHg in the category of grade 3 hypertension and after application is 140/95 mmHg in the category of grade I hypertension. while in Mrs R, on the first day with the results of 150/95 mmHg in the category of grade I hypertension and is 137/77 mmHg in the high-normal level category. ***Conclusion:*** There is a decrease in blood pressure intensity after slow deep breathing on both respondents.

Keywords: Hypertension, Blood Pressure, Slow Deep Breathing