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THE APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUE TO LOWER BLOOD PRESSURE OF PATIENTS WITH HYPERTENSION IN KARANGANYAR	
ABSTRACT	
<p>Introduction: Hypertension is a disorder of the circulatory system that causes an increase in blood pressure above the normal scale which exceeds 140/90 mmHg. This disorder is categorized as a silent killer as it is frequently found that hypertension patients do not feel any disturbance or symptoms in years. Hypertension in patients can be overcome with pharmacological and non-pharmacological therapy, one of the non-pharmacological therapies that can lower blood pressure is deep breathing relaxation therapy. Deep breathing relaxation is the abdomen breathing with slow, rhythmic, and comfortable frequency with closed eyes when inhaling. Research Objective: To describe the result of the application of deep breathing relaxation technique to the decrease in blood pressure. Method: The research technique used was descriptive research method which observed on the research subjects. Blood pressure measurement was conducted by using tensimeter and stethoscope and then recorded before and after the application of deep breathing relaxation. Findings: The measurement of systolic and diastolic blood pressure before deep breathing relaxation technique in Mrs. D is of 170/120 mmHg and in Mrs. S is of 70/110 mmHg, while the systolic and diastolic blood pressure after deep breathing relaxation technique in Mrs. D is of 150/90 mmHg and in Mrs. S is of 150/90 mmHg. Conclusion: There is a decrease in blood pressure before and after the application of deep breathing relaxation technique is of 10 mmHg.</p>	
Keywords : <i>Hypertension, deep breathing relaxation, decrease blood pressure.</i>	