

APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUES AN EFFORT LOWER BLOOD PRESSURE IN ELDERLY HYPERTENSION IN MIPITAN VILLAGE MOJOSONGO DISTRICT

Cantika Nur Cahyani¹ , Dewi Kartika Sari²

cantikanur07@gmail.com

Program Studi DIII Keperawatan

Universitas Aisyiyah Surakarta

ABSTRACT

Background : *In old age, there is a decline in the body's immune function, including a decline in heart function, one of the diseases of which is hypertension. Hypertension is high blood pressure with systolic blood pressure results >140 mmHg or diastolic blood pressure ≥ 90 mmHg.. The prevalence of hypertension cases according to the Surakarta City Health Service showed an increase in the incidence of hypertension in 2023 reaching 67,355 cases. One of the non-pharmacological therapies that can be used is deep breathing relaxation techniques. **Objective:** This study describes a comparison of blood pressure development before and after the application of deep breathing relaxation techniques. **Method:** This study used a case study of 2 respondents conducted on May 11-13, 2024 for 2 times in a row with a therapy duration of 10 minutes. **Results:** The application of Deep Breathing Relaxation Therapy to both respondents obtained comparative results of development before and after therapy in Mrs. S systolic 24 MmHg and diastolic 17 MmHg while Mrs. T showed a decrease with systolic 25 MmHg and diastolic 13 MmHg. **Conclusion:** The results of the study can be concluded that there is an effect of deep breathing relaxation techniques on reducing systolic and diastolic blood pressure in both respondents.*

Keywords: *hypertension, Elderly, deep breathing relaxation.*