

THE EFFECT OF DEEP BREATHING RELAXATION TECHNIQUES ON BLOOD PRESSURE IN HYPERTENSIVE ELDERLY PEOPLE IN KELURAHAN KADIPIRO

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ABSTRACT

Background : Process aging in the physiological will cause disorders of the cardiovascular system, that is hypertension. One treatment that can be done to control blood pressure is deep breathing relaxation therapy. **Objective** : To determine the effect of deep breathing relaxation therapy on reducing blood pressure in elderly people with hypertension in Kelurahan Kadipiro. **Method** : This research uses a *Quasy Experiment design* with a *One Group Pretest-Posttest* research design. **Results** : The average blood pressure of respondents before giving deep breathing relaxation therapy was 147,7/92,3 mmHg, while the average blood pressure after deep breathing relaxation therapy intervention was 142,3/90.8 mmHg. Both data on the *Pretest-Posttest* are not normally distributed, so the hypothesis test uses the *Wilcoxon Test*. Wilcoxon test results for systolic diastolic blood pressure $p - < 0,05$, namely a $p - value 0,000$. **Conclusion** : Deep breathing relaxation therapy has an effect on reducing blood pressure in hypertensive elderly people.

Keywords : Relaxtion, Deep Breathing, Elderly, Hypertension.