

**PENERAPAN *SLOW DEEP BREATHING* TERHADAP PENURUNAN  
TEKANAN DARAH PADA PENDERITA HIPERTENSI DI RT 05 RW 06  
KELURAHAN JOYOTAKAN SURAKARTA**

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**ABSTRACT**

**Background:** Hypertension or high blood pressure is a condition where the blood flowing through the arteries experiences a pressure that is higher than the normal state of 120/80 mmHg in adults. **Objective:** The aim is to determine the results of implementation for the 2 respondents in providing slow deep breathing to hypertension sufferers in RT 05 RW 06, Joyotakan Subdistrict, Surakarta. **Method:** Descriptive research design with a case study approach, carried out on 2 respondents. **Results:** Results development of blood pressure before and after receiving application Slow deep breathing, which was done two times a day for three days, resulted in a decrease in blood pressure in both respondents. **Conclusion:** The application of slow deep breathing can reduce blood pressure in hypertension sufferers.

**Kata Kunci:** *Slow deep breathing*, Hypertension