

**APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUES  
WITH ROSE AROMATHERAPY AS AN EFFORT TO LOWER  
BLOOD PRESSURE IN HYPERTENSIVE PATIENTS**

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**ABSTRACT**

**Background:** Hypertension is a non-communicable disease that leads to global health complications. Non-pharmacological therapies such as deep breathing relaxation techniques and rose aromatherapy have a relaxing effect by reducing sympathetic nerve activity and increasing blood vessel vasodilation, thereby lowering blood pressure. **Objective:** To determine the results of implementing deep breathing relaxation techniques and rose aromatherapy as efforts to lower blood pressure in hypertensive patients. **Methods:** The method used in this study was a descriptive method with a case study approach, involving observation of two hypertensive respondents. The intervention was conducted once daily in the morning for three consecutive days. Evaluation was conducted using a blood pressure observation sheet. **Results:** Based on the research findings, a decrease in blood pressure was observed in both participants. The results showed that Mr. S's systolic blood pressure decreased by 25 mmHg and diastolic blood pressure by 18 mmHg, while Mr. Y's systolic blood pressure decreased by 34 mmHg and diastolic blood pressure by 28 mmHg. **Conclusion:** Deep breathing relaxation techniques and rose aromatherapy can be used as non-pharmacological techniques to lower blood pressure in hypertensive patients.

**Keywords:** Hypertension, Blood Pressure, Deep Breathing Relaxation Techniques, Rose Aromatherapy