

**THE EFFECT OF SLOW DEEP BREATHING ON BLOOD PRESSURE IN  
ELDERLY HYPERTENSION SUFFERERS IN THE WORKING AREA OF  
THE MOJOLABAN PUBLIC HEALTH CENTER**

Aufa Zahra Fauziyyah<sup>1</sup>. Norman Wijaya Gati<sup>2</sup>

[zahraaufa170503@gmail.com](mailto:zahraaufa170503@gmail.com)

Universitas 'Aisyiyah Surakarta

**ABSTRACT**

*Background; Non-pharmacological treatment can use Slow Deep Breathing therapy. This exercise can help relieve the workload of the heart by increasing the supply of O<sub>2</sub>, which results in a decrease in heart rate and is followed by a decrease in blood pressure. Objective; to determine the effect of Slow Deep Breathing on blood pressure in elderly people with hypertension. Method; This research is a quantitative study, the type of research is Quasy Experiment, and sampling uses nonprobability sampling techniques. This study uses the Sapirowilk normality test for normally distributed data so that it uses a paired t-test. Experimental research sampling uses a simple Federer formula using 18 respondents, Results; statistical test paired sample t-test on pre- and post-intervention systolic blood pressure, obtained a p-value of 0.000 <0.05, while for pre- and post-diastolic blood pressure also with the same results, with a p-value of 0.000 <0.05. The hypothesis is accepted, so there is a significant difference. Conclusion; Slow Deep Breathing therapy has an effect on systolic and diastolic blood pressure in elderly people with hypertension.*

**.Key Words:** *hypertension, elderly, slow deep breathing*