

APPLICATION OF THE SLOW DEEP BREATHING EXERCISE METHOD ON BLOOD PRESSURE IN HYPERTENSION SUFFERERS

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ABSTRACT

Background: Hypertension is a non-communicable disease that has a high risk of serious complications such as stroke and heart failure. Slow Deep Breathing Exercise (SDBE) is a non-pharmacological method that can reduce blood pressure through relaxation mechanisms and baroreceptor stimulation. The **purpose** of this study is to describe the application of the SDBE method in lowering blood pressure in patients with hypertension. The **method** used was a case study of two respondents with high blood pressure in Kedungupit Village. SDBE intervention was carried out for 3 consecutive days, twice a day for 15 minutes. The **results** showed a significant decrease in blood pressure: the first respondent from 148/99 mmHg to 123/75 mmHg, and the second respondent from 161/98 mmHg to 134/84 mmHg. The **conclusion** of this study shows that the application of the Slow Deep Breathing Exercise method is effective in helping to reduce blood pressure in patients with hypertension, and can be used as an independent nursing intervention that is safe and easy to do.

Keywords: Hypertension, Slow Deep Breathing Exercise, Blood Pressure