

APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUE TO LOWER BLOOD PRESSURE IN ELDERLY HYPERTENSION SUFFERERS

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ABSTRACT

Background: According to the *World Health Organization* (WHO), an estimated 1.28 billion adults aged 30-79 years worldwide suffer from hypertension. In Indonesia, the number of elderly people with hypertension is 34.1%. The latest data on elderly people with hypertension in Central Java is 72.0%. One of the initial symptoms felt is a pounding heart and headaches. **Purpose:** The purpose of this study is to describe the comparison of blood pressure development before and after the application of deep breathing relaxation techniques. **Method:** This study uses a case study of 2 respondents conducted for 2 days. **Results:** The application of deep breathing relaxation techniques to both respondents obtained the results of a comparison of developments before and after therapy in Mrs. S with systolic 21 mmHg and diastolic 16 mmHg while in Mrs. G there was a decrease in systolic pressure of 26 mmHg and diastolic 10 mmHg. **Conclusion:** The results of the study can be concluded that deep breathing relaxation techniques can reduce systolic and diastolic blood pressure in both respondents.

Keywords: Elderly, Hypertension, Deep Breath Relaxation