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DIFFERENCES IN EFFECT OF SIMPLE MEDITATION AND DEEP BREATHING EXERCISE TO DECREASE BLOOD PRESSURE IN POSYANDU LANSIA MENTARI SENJA SEMANGGI SURAKARTA

ABSTRACT

Preliminary; Hypertension is a condition in which blood pressure has elevated, one of factors that make hypertension is with age such as elderly. A person with hypertension requires nursing orders to lower his blood pressure, one way is by simple meditation and deep breathing exercise. **Aim;** Know the different of effect of simple meditation and deep breathing exercise on the decrease of blood pressure in hypertension patient at Posyandu Lansia Mentari Senja Surakarta. **Method;** This type of research is quantitative with Quasy Experiment design and Two Group Pre-Post Test design. The sample of 20 respondents is divided into 2 groups. The sampling technique uses purposive sampling. Research instrumens with observation sheets, digital tensimeter, and speakers. Data analisys using Dependent T-Test and Paired T-Test and also Mann Whitney Test for different. **Result;** Mann Whitney Test test result comparing the decrease in systolic blood pressure between simple meditation group and deep breathing showed no significant different with $p > 0,05$ is 0,645 and bray test of Independent Paired T-Test for diastolic was 0,844. **Conclusion;** From the analisys result can be concluded that there is no significant difference between simple meditation and deep breathing exercise. Both are equally effectivein lowering blood pressure in hypertension.

Keywords ; Simple meditation, deep breathing exercise, decreased blood pressure, hypertension.