

Slow Deep Breathing Exercise Therapy for Blood Pressure Reduction in Hypertension Patients in Joyotakan Village 02/02, Serengan District, Surakarta

Dita Putri Rahayu¹, Mulyaningsih², Muhammad Natsir³

ditaputrirahayu79@gmail.com

'Aisyiyah University, Surakarta

ABSTRACK

Background: Hypertension is a cardiovascular disease characterized by blood pressure rising above normal, specifically a systolic blood pressure of 140 mmHg and a diastolic blood pressure of 90 mmHg. The impact on hypertension sufferers can lead to complications such as stroke, heart failure, kidney failure, and even sudden death. Therefore, efforts to prevent and control blood pressure are important aspects of nursing care. One non-pharmacological intervention developed as a complement to medication is relaxation breathing techniques, such as Slow Deep Breathing Exercise. **Objective:** This study aims to determine the application of Slow Deep Breathing Exercise in reducing blood pressure in hypertension patients in Joyotakan Village 02/02, Serengan District, Surakarta. **Method:** This application utilized a case study with a descriptive method design. **Results:** After applying slow deep breathing exercise therapy to both respondents, the results showed a decrease in blood pressure, with the first respondent categorized as Grade 1 hypertension and the second respondent as Grade 2 hypertension. **Conclusion:** Slow deep breathing exercise is highly effective in reducing hypertension levels in patients with hypertension. **Keywords:** Hypertension, slow deep breathing exercise, blood pressure, breathing relaxation