

ABSTRAK

PERBEDAAN TEKANAN DARAH PENDERITA HIPERTENSI SEBELUM DAN SESUDAH PEMBERIAN TEKNIK RELAKSASI NAFAS DALAM LAMBAT

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Introduction : Salah satu tindakan nonfarmakologi dalam pengobatan hipertensi ialah pemberian relaksasi diantaranya relaksasi nafas dalam lambat, Namun faktanya banyak pasien hipertensi yang tidak mengetahui tentang penggunaan relaksasi tersebut dalam menurunkan tekanan darah. Tujuan penelitian ini untuk Menganalisis Perbedaan tekanan darah penderita hipertensi sebelum dan sesudah pemberian teknik relaksasi nafas dalam lambat.

Method :Desain penelitian ini yaitu *praeksperimen type one group pre post test design*. Populasi penelitian in yaitu seluruh penderita hipertensi di Poliklinik Jantung dr. H. Jusuf. SK pada bulan Agustus-Oktober 2024 sebanyak 193 pasien. Sampel diambil dengan Teknik *concecutive sampling* sebanyak 48 responden. Data dikumpulkan dengan instrument observasi tekanan darah dan diuji dengan uji paired t test.

Hasil :Hasil penelitian menunjukkan nilai rata-rata tekanan darah sistole pretest dan postes = 2,6 dengan standart deviasi = 4,61145, dan nilai $\rho = 0,000$. Sedangkan pada tekanan darah diastole menunjukkan perbedaan nilai rata-rata tekanan darah diastole pretest dan postes = 6,8 dengan standart deviasi = 4.68417, dan nilai $\rho = 0,000$

Analisis : Hasil Uji paired t test menunjukkan sehingga nilai $\rho = 0,000$ untuk nilai systole ataupn nilai diastole, sehingga $\rho < \alpha = 0,05$ maka H_0 ditolak berarti terdapat Perbedaan penurunan tekanan darah penderita hipertensi sebelum dan sesudah pemberian Teknik relaksasi nafas dalam lambat di Poliklinik Jantung RSUD dr. H. Jusuf.SK.

Pembahasan : Relaksasi nafas dalam dan lambat dapat membantu penderita hipertensi menurunkan tekanan darah sehingga diharapkan penderita hipertensi dapat menggunakan teknik relaksasi nafas dalam lambat dalam menurunkan tekanan darah yang dideritanya secara mandiri.

Kata Kunci : Hipertensi, Tekanan darah, Relaksasi Nafas Dalam Lambat

ABSTRACT

THE DIFFERENCE IN BLOOD PRESSURE IN HYPERTENSIVE PATIENTS BEFORE AND AFTER GIVEN SLOW DEEP BREATHING RELAXATION TECHNIQUE

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Introduction: One of the non-pharmacological actions in the treatment of hypertension is providing relaxation, including slow deep breathing relaxation. However, in fact, many hypertensive patients do not know about the use of this relaxation in lowering blood pressure. The purpose of this study was to analyze the differences in blood pressure in hypertensive patients before and after the administration of slow deep breathing relaxation techniques.

Method: The design of this study was a pre-experimental type one group pre-post test design. The population of this study was all hypertensive patients at the Dr. H. Jusuf Heart Polyclinic. SK in August-October 2024, totaling 193 patients. Samples were taken using the consecutive sampling technique of 48 respondents. Data were collected using a blood pressure observation instrument and tested using a paired t-test.

Results: The results showed that the average value of pretest and posttest systolic blood pressure = 2.6 with a standard deviation = 4.61145, and a p value = 0.000. While in diastolic blood pressure shows a difference in the average value of diastolic blood pressure pretest and posttest = 6.8 with a standard deviation = 4.68417, and a value of $p = 0.000$

Analysis: The results of the paired t test show that the value of $p = 0.000$ for systolic or diastolic values, so that $p < \alpha = 0.05$ then H_0 is rejected meaning there is a difference in the decrease in blood pressure in hypertensive patients before and after the administration of the slow deep breathing relaxation technique at the Heart Polyclinic of Dr. H. Jusuf.SK Hospital.

Discussion: Deep and slow breathing relaxation can help hypertensive patients lower their blood pressure so that hypertensive patients are expected to use the slow deep breathing relaxation technique to lower their blood pressure independently.

Keywords : Hypertention, Blood Pressure, slow deep breathing