

ABSTRAK

PENGARUH TEKNIK *SLOW DEEP BREATHING* TERHADAP NYERI DAN TANDA-TANDA VITAL PADA PASIEN JANTUNG INFARK MIOKARD AKUT DI RSUD dr SAYIDIMAN MAGETAN

**Nimas Ayunida Wahyu Setiani, Adivtian Ragayasa,
Padoli**

nimasaws1@gmail.com

Infark Miokard Akut merupakan penyebab kematian kardiovaskuler nomor satu, pengelolaan IMA penting untuk mencegah komplikasi dan meningkatkan kualitas hidup. Tujuan penelitian ini adalah untuk mengetahui pengaruh teknik *Slow Deep Breathing* terhadap nyeri dan tanda-tanda vital pada pasien jantung infark miokard akut dengan dosis 5x/menit dengan istirahat 10 detik selama 5 menit 50 detik. Desain penelitian dengan *Pre-Eksperimental One Group Pretest-Posttest* pada pasien jantung infark miokard akut dan mengalami nyeri dada sebanyak 23 pasien jantung. Hasil skala nyeri sebelum dilakukan intervensi mengalami nyeri sedang (78%) dan setelah dilakukan intervensi mengalami nyeri ringan (87%). Hasil selisih rerata nadi sebelum dan setelah (4,26x/menit). Hasil selisih rerata respiration rate sebelum dan setelah (2,83x/menit) dengan uji *Wilcoxon Signed Rank Test* pada skala nyeri nilai *Asymp. Sig* 0.000. nadi 0.001 dan respiration rate 0.000 didapatkan hasil terdapat perbedaan yang signifikan sebelum dan setelah dilakukan teknik *Slow Deep Breathing*. Hasil selisih rerata tekanan darah sistole (3,52 mmHg) dan selisih rerata tekanan darah diastole (1,86 mmHg) dengan uji *Paired t-test* pada tekanan darah nilai *Asymp. Sig* tekanan darah sistole 0.049 dan diastole 0.002 maka ada pengaruh teknik *Slow Deep Breathing* terhadap tekanan darah. Teknik *Slow Deep Breathing* sebagai pendekatan non-farmakologis efektif dalam mendukung manajemen kesehatan pasien jantung, baik dari segi pengurangan nyeri maupun stabilisasi tanda-tanda vital pasien.

Kata Kunci : Infark Miokard Akut, *Slow Deep Breathing*, Nyeri, Tanda-Tanda Vital.

ABSTRACT

THE EFFECT OF SLOW DEEP BREATHING TECHNIQUE ON PAIN AND VITAL SIGNS IN PATIENTS WITH ACUTE MYOCARDIAL INFARCTION AT RSUD dr. SAYIDIMAN MAGETAN

Nimas Ayunida Wahyu Setiani, Adivtian Ragayasa,
Padoli

nimasaws1@gmail.com

Acute Myocardial Infarction (AMI) is the leading cause of cardiovascular mortality, and its management is crucial to prevent complications and improve the quality of life. This study aims to investigate the effect of *Slow Deep Breathing* (SDB) technique on pain and vital signs in patients with acute myocardial infarction at a frequency of 5 breaths per minute, with 10-second intervals for 5 minutes and 50 seconds. The study used a Pre-Experimental One Group Pretest-Posttest design involving 23 patients with acute myocardial infarction and chest pain. Before the intervention, pain levels were moderate (78%), and after the intervention, pain levels were reduced to mild (87%). The mean difference in pulse rate before and after the intervention was 4.26 bpm. The mean difference in respiration rate before and after was 2.83 breaths per minute. Wilcoxon Signed Rank Test results showed significant differences in pain scale (Asymp. Sig 0.000), pulse rate (0.001), and respiration rate (0.000), indicating a significant change before and after the *Slow Deep Breathing* technique. The mean difference in systolic blood pressure was 3.52 mmHg, and the mean difference in diastolic blood pressure was 1.86 mmHg. Paired t-test results for blood pressure showed a significant difference, with systolic blood pressure (Asymp. Sig 0.049) and diastolic blood pressure (0.002), confirming an effect of the *Slow Deep Breathing* technique on blood pressure. *Slow Deep Breathing* is an effective non-pharmacological approach to supporting the health management of cardiac patients, both in terms of pain reduction and vital sign stabilization.

Keywords: Acute Myocardial Infarction, *Slow Deep Breathing*, Pain, Vital Sign.