

ABSTRAK

Pengaruh Terapi Relaksasi Nafas Dalam Terhadap Perubahan Tekanan Darah Pada Penderita Hipertensi Di Desa Jukong Wilayah Kerja Puskesmas Sukolilo Bangkalan Madura

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Latar Belakang: Perubahan atau ketidakstabilan tekanan darah seringkali tidak disadari oleh diri kita, tekanan darah yang tiba-tiba mengalami kenaikan seringkali tidak menimbulkan tanda-tanda pada tubuh sehingga masyarakat tidak menyadari akan naiknya tekanan darah tersebut pada dirinya.

Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh terapi relaksasi nafas dalam terhadap perubahan tekanan darah pada penderita hipertensi.

Metode: Penelitian ini menggunakan metode rancangan *quasy-eksperimental* dengan pendekatan *Pretest - Posttest With Control Group Design* dengan teknik *simple random sampling* dengan penderita hipertensi sebanyak 30 orang yang terbagi 2 yakni kelompok perlakuan dan kelompok kontrol. Variabel independent relaksasi nafas dalam dan variabel dependen tekanan darah. Instrumen *sphygmomanometer* digital omron, lembar observasi, SOP relaksasi nafas dalam, dan demografi. Analisa uji *t-test p value* (α 0,05).

Hasil: Rata-rata tekanan darah sistolik pada kelompok perlakuan saat *pretest* 153 mmHg diastolik 89,66 mmHg dan tekanan darah sistolik saat *posttest* 133,6 mmHg diastolik 76,8 mmHg sedangkan tekanan darah sistolik pada kelompok kontrol saat *pretest* 152,73 mmHg diastolik 85,73 mmHg dan tekanan darah sistolik saat *posttest* 151,26 mmHg diastolik 85,26 mmHg. Terdapat perbedaan rata-rata selisih tekanan darah sistolik pada penderita hipertensi antara kelompok perlakuan dan kelompok kontrol $p = 0,000 < \alpha$ (0,05). Perbedaan rata-rata selisih sistolik *pretest* dan *posttest* pada kelompok perlakuan 19,4. Rata-rata perbedaan selisih sistolik *pretest* dan *posttest* pada kelompok kontrol 1,46. Rata-rata perbedaan rata-rata selisih diastolik *pretest* dan *posttest* pada kelompok perlakuan 12,86. Rata-rata perbedaan rata-rata selisih diastolik *pretest* dan *posttest* pada kelompok kontrol 0,46.

Kesimpulan: Pada penelitian ini terdapat pengaruh terapi relaksasi nafas dalam terhadap perubahan tekanan darah pada penderita hipertensi di Desa Jukong Wilayah Kerja Puskesmas Sukolilo Bangkalan Madura.

Saran: Hal ini dapat dijadikan sebagai salah satu teknik nonfarmakologi pada penderita hipertensi untuk mengontrol tekanan darah.

Kata Kunci: Terapi Relaksasi Nafas Dalam, Hipertensi

ABSTRACT

The Effect of Deep Breathing Relaxation Therapy on Blood Pressure Changes in Hypertension Patients in Jukong Village, Working Area of Sukolilo Health Center, Bangkalan Madura.

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Background: Changes or instability in blood pressure often go unnoticed by individuals. A sudden increase in blood pressure frequently does not produce any physical symptoms, causing people to be unaware that their blood pressure has risen.

Objective: This study aims to determine the effect of deep breathing relaxation therapy on blood pressure changes in hypertension patients.

Method: This study used a quasi-experimental design method with the Pretest - Posttest With Control Group Design approach with a simple random sampling technique with 30 hypertension sufferers divided into 2 groups, namely the treatment group and the control group. The independent variable is deep breathing relaxation and the dependent variable is blood pressure. Omron digital sphygmomanometer instrument, observation sheet, SOP for deep breathing relaxation, and demographics. Analysis of the t-test p value (α 0.05).

Results: The average systolic blood pressure in the treatment group during the pretest was 153 mmHg diastolic 89.66 mmHg and systolic blood pressure during the posttest was 133.6 mmHg diastolic 76.8 mmHg while the systolic blood pressure in the control group during the pretest was 152.73 mmHg diastolic 85.73 mmHg and systolic blood pressure during the posttest was 151.26 mmHg diastolic 85.26 mmHg. There was a difference in the average difference in systolic blood pressure in hypertensive patients between the treatment group and the control group $p = 0.000 < \alpha$ (0.05). The difference in the average difference in systolic pretest and posttest in the treatment group was 19.4. The average difference in the difference in systolic pretest and posttest in the control group was 1.46. The average difference in the average difference in diastolic pretest and posttest in the treatment group was 12.86. The average difference in the mean diastolic difference between pretest and posttest in the control group was 0.46.

Conclusion: This study found that deep breathing relaxation therapy has an effect on blood pressure changes in hypertension patients in Jukong Village, the working area of Sukolilo Health Center, Bangkalan Madura.

Recommendation: Using this as a non-pharmacological techniques for hypertension patients to control their blood pressure.

Keywords: Deep Breathing Relaxation Therapy, Hypertension