

ABSTRAK

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PENGARUH TERAPI RELAKSASI NAFAS DALAM TERHADAP KECEMASAN DAN TEKANAN DARAH PENDERITA HIPERTENSI DI RW 06 KELURAHAN MOJO SURABAYA

xvii + 74 Halaman + 14 Tabel + 22 Lampiran

Hipertensi adalah penyebab utama kematian mendadak, kecemasan mengaktifkan sistem saraf simpatik dan pelepasan hormon stres yang menyebabkan peningkatan tekanan darah. Studi ini melihat Sebagai intervensi non-farmakologis yang mumpuni, teknik relaksasi napas dalam terbukti efektif dalam mereduksi derajat kecemasan sekaligus menstabilkan tekanan darah pada penderita hipertensi.

Studi ini menggunakan Quasy Experimental dengan pendekatan one group pretest-posttest. Sampel berjumlah 33 dengan menggunakan teknik random sampling. Variabel independen terapi relaksasi napas dalam, variabel dependen kecemasan dan tekanan darah. Instrumen menggunakan Hamilton Anxiety Rating Scale (HARS), monitor tekanan darah dan lembar observasi. Studi ini menggunakan uji Wilcoxon Signed Ranks Test.

Studi ini menunjukkan penurunan signifikan kecemasan dan tekanan darah setelah intervensi ($p < 0,05$). Sebelum terapi, 57,6% responden mengalami kecemasan sedang dan hipertensi grade 1–2. Setelah terapi, 63,6% mengalami kecemasan ringan dan tekanan darah menurun ke pre-hipertensi dan hipertensi grade 1.

Terapi relaksasi napas dalam terbukti efektif dan direkomendasikan sebagai strategi keperawatan mandiri yang praktis dan aman dalam pelayanan komunitas.

Kata Kunci: Terapi Relaksasi Napas Dalam, Kecemasan, Tekanan darah, Hipertensi

Daftar Bacaan: 55 Jurnal, 8 Buku (2020-2025)

ABSTRACT

THE EFFECT OF DEEP BREATHING RELAXATION THERAPY ON ANXIETY AND BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN RW 06 MOJO SUBDISTRICT, SURABAYA

xvii + 74 Pages + 14 Tables + 22 Appendices

Hypertension stands as a leading catalyst for sudden mortality, driven by anxiety-induced activation of the sympathetic nervous system and the subsequent release of stress hormones that elevate blood pressure. This study examines deep breathing exercises as a potent non-pharmacological intervention, proven effective in simultaneously mitigating anxiety levels and stabilizing blood pressure in hypertensive patients.

This study used a quasi-experimental design with a one-group pretest-posttest approach. The sample consisted of 33 participants selected using random sampling techniques. The independent variable was deep breathing relaxation therapy, while the dependent variables were anxiety and blood pressure. The instruments used were the Hamilton Anxiety Rating Scale (HARS), a blood pressure monitor, and an observation sheet. This study used the Wilcoxon Signed Ranks Test.

This study showed a significant decrease in anxiety and blood pressure after the intervention ($p < 0.05$). Before therapy, 57.6% of respondents experienced moderate anxiety and grade 1–2 hypertension. After therapy, 63.6% experienced mild anxiety and blood pressure decreased to prehypertension and grade 1 hypertension.

Deep breathing relaxation therapy has been proven effective and is recommended as a practical and safe self-care strategy in community services.

Keywords: Deep breathing relaxation therapy, Anxiety, Blood pressure, Hypertension

References: 55 Journals, 8 Books (2020-2025)