

ABSTRAK

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PENGARUH TERAPI *SLOW DEEP BREATHING* TERHADAP PENURUNAN
TEKANAN DARAH PADA LANSIA PASIEN HIPERTENSI DI WILAYAH
KERJA PUSKESMAS MOJO

xvii + 83 Halaman + 11 Tabel + 26 Lampiran

Penurunan elastisitas pembuluh darah akibat penuaan menjadikan hipertensi sebagai ancaman kronis utama bagi lansia, yang jika diabaikan dapat memicu stroke hingga gagal ginjal. Sebagai alternatif non-medis, *slow deep breathing* berfungsi menstabilkan tensi dengan cara merangsang relaksasi dan menekan aktivitas saraf simpatis

Penelitian ini mengkaji pengaruh terapi pernapasan dalam terhadap fluktuasi atau penurunan tekanan darah pada lansia di wilayah puskesmas Mojo, Surabaya

Studi *quasi-experimental* dengan desain *pretest-posttest control group* melibatkan 80 partisipan lansia dilibatkan dan dibagi ke dalam kelompok intervensi serta kontrol. Data diukur melalui sphygmomanometer, kemudian dianalisis menggunakan uji *Wilcoxon signed rank* dan *mann whitney*.

Kelompok intervensi menunjukkan penurunan sistolik yang mencolok (156,7 mmHg ke 139,8 mmHg) sangat kontras dengan kelompok kontrol. Secara statistic, pengaruhnya sangat signifikan ($p=0,000$) dengan perbedaan antar kelompok yang tervalidasi nyata ($p=0,001$)

Terapi efektif dalam menurunkan tekanan darah pada pasien lanjut usia. Metode ini sangat layak diterapkan sebagai intervensi mandiri yang aman dan bebas obat untuk mengontrol hipertensi

Kata Kunci: *Slow Deep Breathing*, Tekanan Darah, Hipertensi, Lansia
Daftar Bacaan: 44 Jurnal, 5 buku (2020-2025)

ABSTRACT

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THE EFFECT OF SLOW DEEP BREATHING THERAPY ON BLOOD PRESSURE REDUCTION IN ELDERLY HYPERTENSIVE PATIENTS IN THE WORKING AREA OF THE MOJO COMMUNITY HEALTH CENTER

xvii + 83 pages + 11 Tables + 26 Appendices

Vascular stiffness associated with aging makes hypertension a prevalent chronic risk for the elderly, potentially leading to fatal complications like kidney failure or stroke. As a complementary approach, slow deep breathing serves as a non-pharmacological method to stabilize blood pressure by inducing relaxation and moderating sympathetic nervous system activity.

This study evaluates the impact of deep breathing exercises on blood pressure fluctuations among hypertensive seniors in the Puskesmas Mojo area, Surabaya.

Utilizing a quasi-experimental pretest-posttest control group design, 80 elderly participants were divided into intervention and control groups. Blood pressure was measured via sphygmomanometer, with data analyzed through Wilcoxon Signed Rank and Mann–Whitney tests.

The intervention group exhibited a sharp decline in systolic pressure (from 156.7 mmHg to 139.8 mmHg), whereas the control group showed negligible change. Statistical analysis confirmed a highly significant effect ($p = 0.000$), with Mann–Whitney results validating a distinct difference between groups ($p = 0.001$).

Slow deep breathing is an effective modality for reducing blood pressure in elderly patients. It is a viable, drug-free self-intervention for managing hypertension safely.

Keywords: Slow Deep Breathing Therapy, Blood Pressure, Hypertension, Elderly
References: 44 Journals, 5 books (2020-2025)