

Abstrak

Penderita hipertensi menjadi ketergantungan dalam mengkonsumsi obat secara teratur untuk mengontrol tekanan darah. Salah satu cara yang dapat digunakan yaitu terapi nonfarmakologis dalam mengontrol tekanan darah, dengan latihan Slow Deep Breathing. Ingin mengetahui apakah ada pengaruh antara pemberian terapi relaksasi *Slow Deep Breathing* terhadap penurunan tekanan darah, apakah mengalami penurunan atau tidak di Rumah Sakit Royal Prima merupakan tujuan penelitian dilakukan. Jenis penelitian eksperimen semu melalui rancangan penelitian *one group pre-test* dan *post-test design* dimaksud merupakan arahan terhadap jenis penelitian dimana satu kelompok subjek penelitian diobservasi sebelum dilakukan intervensi, kemudian kelompok penelitian tersebut diobservasi kembali setelah dilakukan intervensi. Pasien terdiagnosa hipertensi yang rawat inap lebih dari 3 hari di gedung A dan B RSU Royal Prima Medan, merupakan kriteria sampel penelitian. Besar sampel mengacu pada teknik *accidental sampling* sebanyak 30 orang. Uji Wilcoxon di dapatkan, bahwa ada pengaruh antara pemberian terapi relaksasi Slow Deep Breathing terhadap penurunan tekanan darah di Rumah Sakit Royal Prima diperoleh hasil dengan nilai Pvalue 0,004 dan Z -3,790. Ada pengaruh antara pemberian terapi relaksasi Slow Deep Breathing terhadap penurunan tekanan darah di Rumah Sakit Royal Prima merupakan Kesimpulan yang dapat ditarik.

Kata kunci : relaksasi slow deep breathing, tekanan darah

ABSTRACT

Hypertension sufferers become dependent on taking medication regularly to control blood pressure. One method that can be used is non-pharmacological therapy to control blood pressure, with Slow Deep Breathing exercises. Wanting to know whether there is an effect between giving Slow Deep Breathing relaxation therapy on reducing blood pressure, whether there is a decrease or not at the Royal Prima Hospital is the aim of the research. This type of quasi-experimental research through a one group pre-test and post-test research design is a direction for the type of research where one group of research subjects is observed before the intervention is carried out, then the research group is observed again after the intervention is carried out. Patients diagnosed with hypertension who were hospitalized for more than 3 days in buildings A and B RSU Royal Prima Medan were the criteria for the research sample. The sample size refers to the accidental sampling technique of 30 people. The Wilcoxon test showed that there was an effect between giving Slow Deep Breathing relaxation therapy on reducing blood pressure at the Royal Prima Hospital. Results were obtained with a P value of 0.004 and a Z -3.790. There is an influence between giving Slow Deep Breathing relaxation therapy on reducing blood pressure at the Royal Prima Hospital. This is a conclusion that can be drawn.

Key words: Benson relaxation technique, joint pain, rheumatoid arthritis