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**PENGARUH TERAPI *SLOW DEEP BREATHING* TERHADAP
TEKANAN DARAH LANSIA PENDERITA HIPERTENSI DI
PUSKESMAS PURBARATU KOTA TASIKMALAYA
ABSTRAK**

Hipertensi pada lansia merupakan masalah kesehatan yang berisiko menyebabkan komplikasi serius sehingga diperlukan intervensi non-farmakologis yang efektif. Penelitian ini bertujuan untuk mengetahui pengaruh terapi *Slow Deep Breathing* (SDB) terhadap tekanan darah lansia penderita hipertensi di Puskesmas Purbaratu Kota Tasikmalaya. Penelitian menggunakan desain quasi-eksperimental dengan rancangan *one group pretest-posttest*. Sampel berjumlah 30 lansia usia ≥ 60 tahun (63,3% perempuan), dipilih dengan teknik purposive sampling. Intervensi SDB dilakukan selama 15 menit, dua kali sehari selama 14 hari. Pengukuran tekanan darah dilakukan sebelum dan sesudah intervensi menggunakan tensimeter aneroid. Analisis data menggunakan uji *Paired Sample T-Test* setelah uji normalitas Shapiro-Wilk menunjukkan data berdistribusi normal ($p > 0,05$). Hasil penelitian menunjukkan penurunan signifikan tekanan darah sistolik dan diastolik baik pagi maupun sore hari ($p = 0,000$; $p < 0,05$). Rata-rata sistolik pagi menurun dari 164,17 mmHg menjadi 146,10 mmHg, dan diastolik dari 103,40 mmHg menjadi 94,83 mmHg. Disimpulkan bahwa terapi SDB berpengaruh signifikan dalam menurunkan tekanan darah lansia. Terapi ini direkomendasikan sebagai intervensi mandiri keperawatan dalam pengendalian hipertensi pada lansia.

Kata Kunci : Slow Deep Breathing, hipertensi, lansia, tekanan darah, terapi non-farmakologis

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The Effect of Slow Deep Breathing Therapy on Blood Pressure in Elderly People with Hypertension At Purbaratu Community Health Center, Tasikmalaya City

ABSTRACT

Hypertension in older adults is a major health problem that increases the risk of serious complications; therefore, effective non-pharmacological interventions are needed. This study aimed to determine the effect of Slow Deep Breathing (SDB) therapy on blood pressure among elderly patients with hypertension at Purbaratu Public Health Center, Tasikmalaya City. A quasi-experimental design with a one-group pretest-posttest approach was used. The sample consisted of 30 elderly participants aged ≥ 60 years (63.3% female), selected using purposive sampling. The SDB intervention was conducted for 15 minutes, twice daily, for 14 consecutive days. Blood pressure was measured before and after the intervention using an aneroid sphygmomanometer. Data were analyzed using the Paired Sample T-Test after the Shapiro-Wilk normality test confirmed normal distribution ($p > 0.05$). The results showed a statistically significant reduction in both systolic and diastolic blood pressure in the morning and afternoon measurements ($p = 0.000$; $p < 0.05$). The mean morning systolic pressure decreased from 164.17 mmHg to 146.10 mmHg, and diastolic pressure from 103.40 mmHg to 94.83 mmHg. In conclusion, SDB therapy significantly reduces blood pressure in elderly hypertensive patients and is recommended as an independent nursing intervention for hypertension management.

Keywords : Slow Deep Breathing, hypertension, elderly, blood pressure, non-pharmacological therapy