



ABSTRACT

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THE EFFECT OF THE ADDITION OF SLOW DEEP BREATHING EXERCISE IN PROGRESSIVE GENERAL MUSCLE RELAXATION TO DECREASE BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION

Consists of VI Chapters, 88 Pages, 16 Tables, 8 Images, 1 Graph, 4 Schemes, 7 Attachment

Objective: *to determine the effect of the addition of slow deep breathing exercise in progressive general muscle relaxation is better in reducing blood pressure of hypertensive patients. Method:* *this research is quasi-experimental with pre-post-test, where a decrease in blood pressure is measured using a sphygmomanometer and a stethoscope. A sample of 16 people was calculated using the Pocock formula. The samples were grouped into 2 groups, the control group consisted of 8 people with the progressive general muscle relaxation intervention and the treatment group consisted of 8 people with the intervention of progressive general muscle relaxation and slow deep breathing exercise. Results:* *The results of hypothesis testing in the control group with paired sample t-test, obtained $p < 0.001$ at systolic and diastolic pressure, which means that the progressive general muscle relaxation intervention can reduce blood pressure of hypertensive patients. In the treatment group with paired sample t-test, $p < 0.001$ was obtained at systolic and diastolic pressure, which means the intervention of progressive general muscle relaxation and slow deep breathing exercise can reduce blood pressure of hypertensive patients. The results of systolic pressure using independent sample t-test showed $p < 0.001$ and diastolic using mann whitney u test showed $p = 0.002$ which means the addition of slow deep breathing exercise in progressive general muscle relaxation is better in reducing blood pressure of hypertensive patients. Conclusion:* *Addition of slow deep breathing exercise to progressive general muscle relaxation is better in reducing blood pressure of hypertensive patients.*

Keywords: *Slow Deep Breathing exercise, Progressive General Muscle Relaxation, Hypertension.*