

**UNIVERSITAS ESA UNGGUL  
FAKULTAS ILMU – ILMU KESEHATAN  
PROGRAM STUDI ILMU KEPERAWATAN**

INNASTIA FEBRYANI  
(2016 – 0303 – 0576)

**“PENGARUH RELAKSASI NAFAS DALAM TERHADAP PENURUNAN  
TEKANAN DARAH PADA PASIEN HIPERTENSI DI WILAYAH  
PUSKESMAS KECAMATAN MAKASAR JAKARTA TIMUR”**

6 Bab + 88 Halaman + 1 Gambar + 3 Skema + 11 Tabel + 11 Lampiran

**ABSTRAK**

Hipertensi merupakan peningkatan tekanan darah diatas normal atau  $> 140$  mmHg pada sistol dan  $> 90$  mmHg pada diastole. Relaksasi nafas dalam sebagai cara menurunkan tekanan darah pada pasien hipertensi. Tujuan penelitian diketahui pengaruh relaksasi nafas dalam terhadap penurunan tekanan darah pada pasien hipertensi. Metode *quasi experimental* dengan *One Groups Pretest-Posttest Design*. Sampel sebanyak 20 responden. Hasil data responden berusia 46-50 tahun (40%), hasil data responden laki-laki (65%), hasil data responden berpendidikan SMA (30%), hasil data responden riwayat keluarga hipertensi (55%) dan hasil data merokok (70%). Rata rata pengukuran tekanan darah sistolik dan diastolik responden sebelum dan sesudah dilakukan relaksasi nafas yaitu pada saat dilakukan pengukuran sistolik 128,20 mmHg dan pengukuran diastolik 74,60 mmHg. Hasil uji *T-test dependent* sebesar 0,000 bahwa *P Value*  $< 0,05$  (0,000). Simpulan relaksasi nafas dalam dapat menurunkan tekanan darah. Saran menambahkan karakteristik responden lainnya yang dapat diamati pada pasien hipertensi dan mengaplikasikan penelitian di tatanan masyarakat.

Kata kunci : Relaksasi nafas dalam, Hipertensi, Penurunan tekanan darah,  
Karakteristik pasien hipertensi, Sistol, Diastol.

Daftar pustaka : 84 (2009-2018)

**UNIVERSITY OF ESA UNGGUL  
FACULTY OF HEALTH SCIENCE  
NURSING SCIENCE STUDY PROGRAM**

INNASTIA FEBRYANI  
(2016 – 0303 – 076)

**“EFFECT OF DEEP BREATHING RELAXATION TECHNIQUES TO  
DECREASE OF ANXIETY RATE IN PATIENTS PRE OPERATIVE  
CATARAK IN REGIONAL PUBLIK HOSPITAL TANGGERANG CITY”**

6 Chapter + 88 Page + 1 Images + 3 Schemes + 11 Table + 11 Attachments

**ABSTRACT**

Hypertension is an increase in blood pressure above normal or  $> 140$  mmHg in systole and  $> 90$  mmHg in diastole. Deep breath relaxation as a way to reduce blood pressure in hypertensive patients. The aim of the study was to know the effect of deep breathing relaxation on decreasing blood pressure in hypertensive patients. The quasi experimental method with One Groups Pretest-Posttest Design. A sample of 20 respondents. The results of the data of respondents aged 46-50 years (40%), the results of data of male respondents (65%), the results of data respondents had high school education (30%), the results of respondents data family history of hypertension (55%) and results of smoking data (70 %). The average systolic and diastolic blood pressure measurements of respondents before and after breathing relaxation were carried out during systolic measurements of 128.20 mmHg and diastolic measurements of 74.60 mmHg. The result of the T-test dependent test is 0,000 that P Value  $< 0.05$  (0,000). The conclusion of deep breathing relaxation can reduce blood pressure. Suggestions add other respondent characteristics that can be observed in hypertensive patients and apply research in the community order.

Keywords : Deep breath relaxation, Hypertension, Decreased blood pressure, Characteristics of hypertensive patients, Systole, Diastole.

References : 84 (2009-2018)