

**PENGARUH TERAPI NAPAS DALAM TERHADAP PENURUNAN  
TEKANAN DARAH LANSIA PENDERITA HIPERTENSI DI  
WILAYAH KERJA UPT PUSKESMAS BOTANIA  
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Tri Putri Indriyani (2024)  
Sarjana Keperawatan dan Pendidikan Profesi Ners  
Institut Kesehatan Mitra Bunda

Dosen Pembimbing  
Roza Erda, MM.MKM  
Ns. Laeli Mufidah, S.Kep

Kata Kunci : Lansia, Hipertensi, Tekanan Darah, Terapi Nafas Dalam

**INTISARI**

Hipertensi menurut data *World Health Organization* (WHO) tahun 2021 diperkirakan 1,28 miliar orang di dunia menderita hipertensi, sebagian besar (dua pertiga) tinggal di negara berpenghasilan rendah dan menengah. Prevalensi penderita hipertensi di Indonesia menurut Riset Kesehatan Dasar (Riskesdas) 2018 saat ini sebanyak 34,1 %. Penelitian ini bertujuan untuk mengetahui adakah Pengaruh Terapi Napas Dalam Terhadap penurunan Tekanan Darah Pada Lansia Dengan Hipertensi di Wilayah Kerja Puskesmas Botania Tahun 2024. Penelitian ini termasuk penelitian eksperimen semu dengan desain *quasi-experimental* dengan rancangan *pre and post test design*. Teknik penarikan sampel yang digunakan adalah *non probability sampling* yaitu dengan *purposive sampling* dengan jumlah sampel 18 lansia pada kelompok perlakuan dan 18 lansia pada kelompok kontrol. Teknik pengumpulan data dilakukan melalui pengukuran langsung menggunakan sfigmomanometer digital, sop dan lembar observasi pengukuran. Hasil statistik menggunakan uji *wilcoxon signed rank test* diperoleh nilai ( $p\text{-value} = 0,000 < 0,05$ ) yang berarti terdapat perbedaan/pengaruh yang signifikan antara nilai rata-rata tekanan darah (sistolik dan diastolik) sebelum dan sesudah penerapan terapi napas dalam pada lansia kelompok intervensi.

***THE EFFECT OF DEEP BREATH THERAPY ON REDUCING BLOOD PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION IN THE WORK AREA OF UPT PUSKESMAS BOTANIA IN 2024***

Tri Putri Indriyani (2024)  
*Bachelor of Nursing and Nursing Professional Education*  
Institut Kesehatan Mitra Bunda

*Supervisors*  
Roza Erda, MM.MKM  
Ns. Laeli Mufidah, S.Kep

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***ABSTRACT***

*Hypertension according to data from the World Health Organization (WHO) in 2021 is estimated to be 1.28 billion people in the world suffering from hypertension, most of whom (two-thirds) live in low- and middle-income countries. The prevalence of hypertension in Indonesia according to the Basic Health Research (Riskesdas) 2018 is currently 34.1%. This study aims to determine whether there is an effect of deep breathing therapy on reducing blood pressure in elderly people with hypertension in the Botania Health Center work area in 2024. This research includes quasi-experimental research with a quasi-experimental design with a pre and post test design. The sampling technique used was non-probability sampling, namely purposive sampling with a sample size of 18 elderly people in the treatment group and 18 elderly people in the control group. Data collection techniques were carried out through direct measurements using a digital sphygmomanometer, SOP and measurement observation sheets. Statistical results using the Wilcoxon signed rank test obtained a value (p-value = 0.000 < 0.05) which means there is a significant difference between the average blood pressure values (systolic and diastolic) before and after the application of deep breathing therapy in the elderly in the intervention group*