

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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**PENGARUH TERAPI NAFAS DALAM TERHADAP PENURUNAN
TEKANAN DARAH PADA PASIEN HIPERTENSI DI RUANG
YUDISTIRA RUMAH SAKIT UMUM DAERAH KOTA SEMARANG**

51 hal + 12 tabel + xiii

Latar Belakang : Hipertensi merupakan suatu keadaan seseorang mengalami peningkatan tekanan darah diatas 140/90 mmHg. Penatalaksanaan hipertensi dilakukan dengan terapi farmakologi dan non farmakologi. Terapi non farmakologi salah satunya adalah terapi nafas dalam. Tujuan penelitian ini adalah mengetahui pengaruh terapi nafas dalam terhadap penurunan tekanan darah pada pasien hipertensi..

Metode : Penelitian ini menggunakan desain quasi eksperimen dengan nonequivalent control group design. Data dikumpulkan dengan lembar observasi dan mengukur tekanan darah. Jumlah responden sebanyak 34 pasien dengan purposive sampling. Data yang diperoleh diolah secara statistik menggunakan uji wilcoxon.

Hasil : Uji statistik terapi nafas dalam kelompok intervensi terhadap penurunan tekanan darah didapatkan $Z = -3,695$ $p \text{ value} = 0,0001$ ($p < 0,05$) untuk sistolik dan diastolik diperoleh $Z = -3,671$ $p \text{ value} = 0,0001$ ($p < 0,05$). Penurunan tekanan darah pada kelompok kontrol didapatkan $Z = -0,980$ $p \text{ value} = 0,327$ ($p > 0,05$) untuk tekanan darah sistolik dan nilai $Z = -1,890$ $p \text{ value} = 0,059$ ($p > 0,05$) untuk tekanan darah diastolik.

Simpulan : Ada pengaruh terapi nafas dalam terhadap penurunan tekanan darah pada pasien hipertensi.

Kata Kunci : Tekanan darah, terapi nafas dalam.

Daftar Pustaka : 51 (2001-2014)

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ABSTRACT

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**THE EFFECT OF DEEP BREATHING THERAPY TOWARD
DECREASING BLOOD PRESSURE ON HYPERTENSION PATIENTS IN
YUDISTIRA ROOM AT RSUD OF SEMARANG.**

51 pages + 12 table + xiii

Background: Hypertension is a condition a person experiences an increasing of blood pressure, which is above 140/90 mmHg. The management of hypertension performed by using pharmacological and non-pharmacological therapies. One of non-pharmacological therapy is deep breathing therapy. The purpose of this study was to find out the effect of deep breathing therapy toward decreasing of blood pressure to patients hypertension.

Methods: This study used a quasi-experimental design with nonequivalent control group design. Data was collected by observation sheet and measured blood pressure. The number of respondents was 34 patients with purposive sampling. The data obtained were processed statistically by using the Wilcoxon test statistic.

Results: Statistical test of deep breathing therapy in the intervention group toward the decreasing of blood pressure was obtained $Z = -3,695$ p value = 0,000 (p value < 0,05) for systolic and diastolic $Z = -3,671$ p value = 0,000 (p value < 0,05). Decreasing blood pressure in the control group was obtained $Z = -0,980$ p value = 0,327 (p value > 0,05) for systolic blood pressure and p value = 0.059 for diastolic blood pressure.

Conclusion: There was an effect of deep breathing therapy toward the decreasing of blood pressure to patients with hypertension.

Keywords: Blood Pressure, Deep Breathing Therapy.

Bibliography: 51 (2001-2014)