

# Efektifitas slow deep breathing terhadap penurunan tekanan darah pada pasien hipertensi primer di Atambua Nusa Tenggara Timur : a randomized controlled trial = Effectiveness of slow deep breathing on decreasing blood pressure in primary hypertension patients at Atambua East Nusa Tenggara : a randomized controlled trial

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## Abstrak

Slow deep breathing (SDB) adalah tindakan nonfarmakologis untuk menurunkan tekanan darah pasien hipertensi primer. Penelitian ini bertujuan untuk mengetahui efektifitas SDB terhadap penurunan tekanan darah pasien hipertensi primer. Metode penelitian ini menggunakan desain Randomized Clinical Trial dengan pretest dan post test control group. Sampelnya 142 responden, meliputi 33 responden kelompok rendah garam (RG), 37 responden kelompok SDB, 39 responden kombinasi kelompok SDB dan RG; dan 33 responden kelompok kontrol. Sampel diambil dengan cara randomisasi.

Hasil penelitian menunjukkan penurunan tekanan darah secara bermakna terutama pada kelompok SDB. Tekanan darah sistolik menurun 28,59 mmHg (P value=0,002) dan tekanan darah diastolik 16,92 mmHg (P value=0,007). Analisis dengan uji Tukey diketahui tekanan darah sistolik yang berbeda secara bermakna yaitu antara SDB dan kelompok kontrol (P value=0,001). Tekanan darah diastolik yang berbeda secara bermakna, yaitu: RG dan SDB-RG (P value=0,046); RG dan kelompok kontrol (P value=0,003); SDB dan SDB-RG (P value=0,038) serta SDB dan kelompok kontrol (P value=0,005). Penelitian ini merekomendasikan penerapan SDB untuk membantu menurunkan prevalensi hipertensi sehingga meminimalkan komplikasi yang mungkin timbul.

*Slow deep breathing is a nonpharmacology therapy to reduce blood pressure in patients with primary hypertension. The purpose of this study was to determine the effectiveness of slow deep breathing exercise to reduce blood pressure in patients with primary hypertension in Atambua East Nusa Tenggara. The method of this research was a quantitative research: a randomized clinical trial design with pretest and post test control group. The sample was 142 respondents, which consisted of 33 respondents in the lower salt (RG) group, 37 respondents in the slow deep breathing (SDB) group, 39 respondents in the combination of SDB-RG group; and 33 respondents in the control group. The method of sampling used a randomization. The results showed that there were differences in the reduction of systolic blood pressure in SDB group for 28.59 mm Hg and diastolic blood pressure for 16.92 mmHg. The result of Anova analysis showed that there was a significant decrease on average of systolic blood pressure (p = 0.002) and diastolic blood pressure (p = 0.007). Further analysis by Tuckey test of systolic blood pressure found that between SDB group and control group were significantly different, however the other groups was not significant. (P = 0.001). After undergoing further Tukey analysis we found that the systolic blood pressure of four groups has significant differences. The SDB and controlling groups have P value=0,001 differences. RG and the controlling groups have P value=0,003 differences. SDB and SDB-RG groups have P value=0,038 differences. And SDB and controlling groups have P value=0,005 differences. This research would like to suggest applied non-pharmacological actions particularly toward SDB groups in order to decrease the prevalence of hypertension. This will minimize consequences caused by this problem.*