

PENERAPAN *SLOW DEEP BREATHING* DAN *BUMBLE BEE BREATH THERAPY* PADA PASIEN HIPERTENSI DALAM MENGENDALIKAN TEKANAN DARAH DI PUSKESMAS KOM YOS SUDARSO

Halimah Assa'diah¹, Dodik Limansyah²

¹²STIKes YARSI Pontianak

Email : diah2parindu@gmail.com

ABSTRAK

Latar Belakang : Hipertensi merupakan penyebab utama kematian dini di seluruh dunia. Sekitar 5% pengidap hipertensi memperlihatkan peningkatan tekanan darah yang cepat, dan apabila tidak diterapi akan menyebabkan kematian dalam 1–2 tahun. *Slow Deep Breathing* dan *Bumble Bee Breath Therapy* merupakan terapi komplementer yang dapat diterapkan dalam membantu mengendalikan tekanan darah. Teknik ini dipilih sebagai terapi karena teknik ini minim efek samping, mudah dipelajari dan diterapkan secara mandiri oleh siapapun, dapat dilakukan kapanpun dan dimanapun tanpa memerlukan peralatan khusus.

Tujuan : Menganalisis hasil penerapan *Slow Deep Breathing* dan *Bumble Bee Breath Therapy* pada pasien Hipertensi dalam mengendalikan tekanan darah di Puskesmas Kom Yos Sudarso.

Metode : Metode yang digunakan yaitu *deskriptif* dengan desain *case report* berbasis *evidence base practice* dan pendekatan lima proses keperawatan.

Hasil : Setelah dilakukan tindakan keperawatan dengan teknik relaksasi *Slow Deep Breathing* dan *Bumble Bee Breath Therapy* yang dilakukan 3-4 x dalam waktu 5-10 menit selama 3 hari berturut-turut, terdapat penurunan tekanan darah pasien dari 154/95 mmHg menjadi 119/79 mmHg.

Kesimpulan : Studi ini menunjukkan penerapan *Slow Deep Breathing* dan *Bumble Bee Breath Therapy* efektif dalam mengendalikan tekanan darah pada pasien Hipertensi.

Kata Kunci : Hipertensi, *Slow Deep Breathing*, *Bumble Bee Breath Therapy*

**APPLICATION OF SLOW DEEP BREATHING AND BUMBLE BEE
BREATH THERAPY IN HYPERTENSIVE PATIENTS TO CONTROL
BLOOD PRESSURE AT THE KOM YOS SUDARSO
COMMUNITY HEALTH CENTER**

Halimah Assa'diah¹, Dodik Limansyah²

¹STIKes YARSI Pontianak

Email : diah2parindu@gmail.com

ABSTRACT

Background: Hypertension is the leading cause of premature death worldwide. Approximately 5% of people with hypertension experience a rapid increase in blood pressure, and if left untreated, this can lead to death within 1–2 years. Slow Deep Breathing and Bumble Bee Breath Therapy are complementary therapies that can be used to help control blood pressure. These techniques were chosen as therapies because they have minimal side effects, are easy to learn and apply independently by anyone, and can be done anytime and anywhere without requiring special equipment.

Objective: To analyze the results of applying Slow Deep Breathing and Bumble Bee Breath Therapy in hypertensive patients to control blood pressure at the Kom Yos Sudarso Community Health Center.

Method: The method used was descriptive with a case report design based on evidence-based practice and the five nursing process approach.

Results: After nursing interventions using the Slow Deep Breathing and Bumble Bee Breath Therapy relaxation techniques, performed 3-4 times for 5-10 minutes over 3 consecutive days, there was a decrease in patient blood pressure from 154/95 mmHg to 119/79 mmHg.

Conclusion: This study shows that the application of Slow Deep Breathing and Bumble Bee Breath Therapy is effective in controlling blood pressure in patients with hypertension.

Keywords: Hypertension, Slow Deep Breathing, Bumble Bee Breath Therapy