

**PENGARUH *SLOW DEEP BREATHING EXERCISE* (SDBE) METODE  
*BHRAMARI PRANAYAMA* TERHADAP TEKANAN DARAH SISTOLIK,  
TEKANAN DARAH DIASTOLIK DAN *MEAN ARTERIAL PRESSURE*  
(Studi pada Lansia dan Pralansia Hipertensi di Kelurahan Arcawinangun)**

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**ABSTRAK**

Hipertensi mengalami peningkatan prevalensi di dunia maupun Indonesia dengan kelompok Lansia dan Pralansia menempati kelompok usia dengan prevalensi tertinggi. Terapi komplementer bagi hipertensi seperti latihan relaksasi pernapasan yang mudah untuk dilakukan diperlukan sebagai solusi tingginya prevalensi hipertensi. Penelitian ini bertujuan untuk mengidentifikasi pengaruh *Slow deep breathing exercise* metode *bhramari pranayama* terhadap tekanan darah sistolik, tekanan darah diastolik serta *mean arterial pressure* pada Lansia dan Pralansia penderita hipertensi di Kelurahan Arcawinangun. Metode penelitian yang digunakan adalah analitik pre-eksperimental dengan desain *one group pretest posttest* pada 26 Lansia dan Pralansia penderita hipertensi di Posyandu Lansia Waras Winangun Kelurahan Arcawinangun. Sampel ditetapkan dengan teknik *total sampling*. Subjek melakukan intervensi latihan relaksasi napas *slow deep breathing exercise* metode *bhramari pranayama* sebanyak tiga kali seminggu selama enam minggu dengan durasi 15 menit perhari. Analisis data hasil penelitian dilakukan dengan menggunakan uji hipotesis parametrik t berpasangan serta uji non parametrik *wilcoxon*. Intervensi memberikan hasil penelitian bahwa terdapat pengaruh bermakna *slow deep breathing exercise* terhadap tekanan darah sistolik ( $p=0,000$ ) dengan penurunan rerata  $158,88 \pm 15,77$  mmHg menjadi  $144,31 \pm 11,69$  mmHg. Pada tekanan darah diastolik, *slow deep breathing exercise* juga secara bermakna berpengaruh ( $p=0,015$ ) dengan penurunan rerata  $90,00 \pm 16,82$  mmHg menjadi  $82,27 \pm 8,52$  mmHg. *Slow deep breathing exercise* juga berpengaruh secara bermakna terhadap *mean arterial pressure* ( $p=0,000$ ) dengan penurunan rerata  $112,96 \pm 14,77$  mmHg menjadi  $102,95 \pm 8,00$  mmHg. Dapat disimpulkan bahwa terdapat pengaruh *slow deep breathing exercise* terhadap tekanan darah sistolik, tekanan darah diastolik, serta *mean arterial pressure*.

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**Kata Kunci:** tekanan darah sistolik, tekanan darah diastolik, *mean arterial pressure*, *slow deep breathing exercise*, hipertensi.

**THE EFFECT OF SLOW DEEP BREATHING EXERCISE (SDBE) BHRAMARI PRANAYAMA METHOD ON SYSTOLIC BLOOD PRESSURE, DIASTOLIC BLOOD PRESSURE AND MEAN ARTERIAL PRESSURE**

*(Study on Elderly and Pre-elderly Hypertension in Arcawinangun)*

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**ABSTRACT**

Hypertension is experiencing an increasing prevalence in the world and Indonesia with the Elderly and Pre-elderly groups being the highest prevalence age groups. Complementary therapies for hypertension such as breathing relaxation exercises that are easy to do are needed as a solution to the high prevalence of hypertension. This study aims to identify the effect of Slow deep breathing exercise bhramari pranayama method on systolic blood pressure, diastolic blood pressure and mean arterial pressure in elderly and pre-elderly people with hypertension in Arcawinangun. The research method used in this study was pre-experimental analytic with a one group pretest posttest design on 26 elderly and pre-elderly people with hypertension at Posyandu Lansia Waras Winangun, Arcawinangun. The sample was determined by total sampling technique. Subjects performed the intervention of slow deep breathing relaxation exercise bhramari pranayama method three times a week for six weeks with a duration of 15 minutes per day. Data of the research results was analyzed using the parametric hypothesis paired t test and the wilcoxon non-parametric test. The results showed that there was a significant effect of slow deep breathing exercise on systolic blood pressure ( $p=0.000$ ) with a mean decrease of  $158.88 \pm 15.77$  mmHg to  $144.31 \pm 11.69$  mmHg. In diastolic blood pressure, slow deep breathing exercise also significantly affects ( $p=0.015$ ) with a decrease in the mean of  $90.00 \pm 16.82$  mmHg to  $82.27 \pm 8.52$  mmHg. Slow deep breathing exercise also significantly affects mean arterial pressure ( $p=0.000$ ) with a decrease in the mean of  $112.96 \pm 14.77$  mmHg to  $102.95 \pm 8.00$  mmHg. It can be concluded that there is an effect of slow deep breathing exercise on systolic blood pressure, diastolic blood pressure, and mean arterial pressure.

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**Keywords:** systolic blood pressure, dyastolic blood pressure, mean arterial pressure, slow deep breathing exercise, hypertension.