

PENGARUH *SLOW DEEP BREATHING EXERCISE* TERHADAP TINGKAT STRES PADA PASIEN HIPERTENSI

ABSTRAK

Latar Belakang Faktor gangguan psikologis seperti stres sangat berpengaruh terhadap peningkatan tekanan darah yang nantinya akan menyebabkan hipertensi. *Slow deep breathing exercise* metode *bhramari pranayama* merupakan metode yang efektif untuk mengurangi salah satu penyebab hipertensi berupa stres. Penelitian ini bertujuan untuk mengidentifikasi pengaruh *slow deep breathing exercise* terhadap tingkat stres pada pasien dengan hipertensi.

Metode Penelitian ini menggunakan metode analitik pre-eksperimental dengan desain *one group pretest posttest* pada 26 lansia dan pralansia penderita hipertensi di Posyandu Lansia Waras Winangun Kelurahan Arcawinangun. Tingkat stres diukur menggunakan *Depression, Anxiety, Stress Scale (DASS-42)*. Data dianalisis menggunakan uji hipotesis uji non parametrik *wilcoxon* dengan nilai $p < 0,05$ menunjukkan ada perbedaan secara statistik.

Hasil Jumlah responden pada penelitian ini 26 dengan laki-laki berjumlah 7 (26,92%) dan perempuan berjumlah 19 (73,08%). Tingkat stres pada responden sebelum perlakuan didapatkan tingkat stres normal 13 (50%), stres ringan 5 (19,2%), dan stres sedang 8 (30,8%). Setelah perlakuan didapatkan responden dengan tingkat stres normal 24 (92,3%) dan stres ringan 2 (7,7%). Pada penelitian ini didapatkan perbedaan tingkat stres sebelum dan sesudah *slow deep breathing exercise* secara signifikan ($p = 0,001$).

Kesimpulan Terdapat pengaruh *slow deep breathing exercise* terhadap penurunan tingkat stres pada pasien hipertensi

Kata Kunci Stres, *Slow deep breathing exercise*, *Bhramari pranayama*, Hipertensi.

THE EFFECT OF SLOW DEEP BREATHING EXERCISE ON STRESS LEVELS IN HYPERTENSION PATIENTS

ABSTRACT

Background Psychological disturbance factors such as stress greatly influence the increase in blood pressure which will later cause hypertension. Slow deep breathing exercise, the Bhramari Pranayama method, is an effective method for reducing one of the causes of hypertension, namely stress. This study aims to identify the effect of slow deep breathing exercise on stress levels in patients with hypertension.

Method This research used a pre-experimental analytical method with a one group pretest posttest design on 26 elderly and pre-elderly people with hypertension at Posyandu Lansia Waras Winangun, Arcawinangun Village. Stress levels were measured using the Depression, Anxiety, Stress Scale (DASS-42). Data were analyzed using the Wilcoxon non-parametric hypothesis test with a p value <0.05 indicating there was a statistical difference.

Result The number of respondents in this study was 26 with 7 men (26.92%) and 19 women (73.08%). The level of stress among respondents before treatment was found to be normal stress level 13 (50%), mild stress level 5 (19.2%), and moderate stress level 8 (30.8%). After treatment, respondents obtained a normal stress level of 24 (92.3%) and mild stress 2 (7.7%). In this study, differences in stress levels were obtained before and after slow breathing exercises ($p=0.001$).

Conclusion There is an effect of slow deep breathing exercise on reducing stress levels in hypertensive patients

Keywords: Stress, Slow Deep Breathing Exercise, Bhramari Pranayama, Hypertension