

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
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Maulika Azzahra

**Pengaruh Kombinasi *Diaphragmatic Breathing* dan *Slow Deep Breathing*
Untuk Menurunkan Tekanan Darah pada Pasien Hipertensi di Puskesmas
Simpang Tiga Pekanbaru**

Xiii + 44 Halaman + 8 Tabel + 2 Skema + 14 Lampiran

ABSTRAK

Kasus hipertensi yang terus meningkat serta komplikasi yang dapat terjadi, membutuhkan upaya dalam membantu menurunkan tekanan darah pada pasien hipertensi. Selain terapi farmakologis, terapi nonfarmakologis dapat menjadi terapi pendukung dalam membantu menurunkan tekanan darah, salah satunya melalui latihan pernapasan kombinasi *diaphragmatic breathing* dan *slow deep breathing*. Teknik pernapasan ini dapat membantu tubuh menjadi rileks melalui pengaturan pola napas sehingga dapat memberikan efek positif terhadap tekanan darah. Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi *diaphragmatic breathing* dan *slow deep breathing* untuk menurunkan tekanan darah pada pasien hipertensi di Puskesmas Simpang Tiga Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain *quasy experiment* melalui pendekatan *one grup pre-test* dan *post-test without control*. Sampel berjumlah 21 responden yang dipilih menggunakan teknik *purposive sampling*. Perubahan tekanan darah diukur menggunakan *Mean Arterial Pressure* (MAP) sebelum dan sesudah intervensi, kemudian dianalisis menggunakan uji *Paired Sample t-test*. Rata-rata MAP sebelum intervensi sebesar 122,16 mmHg dan sesudah intervensi sebesar 112,39 mmHg, sehingga terjadi penurunan 9,76 mmHg. Hasil uji *Paired Sample t-test* menunjukkan nilai $t = 12,019$ dengan $p \text{ value} = 0,000$ ($p < 0,05$), yang berarti terdapat pengaruh yang signifikan dalam pemberian kombinasi *diaphragmatic breathing* dan *slow deep breathing*. Dapat disimpulkan kombinasi *diaphragmatic breathing* dan *slow deep breathing* efektif dalam menurunkan tekanan darah pada pasien hipertensi sehingga dapat dijadikan sebagai salah satu terapi nonfarmakologis dalam penatalaksanaan hipertensi.

Kata kunci : Hipertensi, *Diaphragmatic Breathing*, *Slow Deep Breathing*
Daftar Bacaan : 54 referensi (2019-2026)

**S1 NURSING STUDY PROGRAM
FACULTY OF NURSING
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Maulika Azzahra

The Effect of a Combination of Diaphragmatic Breathing and Slow Deep Breathing on Lowering Blood Pressure in Hypertension Patients at the Simpang Tiga Community Health Center in Pekanbaru

Xiii + 44 halaman + 8 tables + 2 schemes + 14 appendixes

ABSTRACT

The rising number of hypertension cases and the complications that may occur require efforts to help lower blood pressure in hypertensive patients. In addition to pharmacological therapy, non-pharmacological therapy can be used as a supportive therapy to help lower blood pressure, one of which is through breathing exercises combining *diaphragmatic breathing* and *slow deep breathing*. This breathing technique can help the body relax by regulating breathing patterns, which can have a positive effect on blood pressure. This study aims to determine the effect of the combination of *diaphragmatic breathing* and *slow deep breathing* on lowering blood pressure in hypertensive patients at the Simpang Tiga Community Health Center in Pekanbaru. This study employed a quantitative method with a *quasi-experimental* design using a *one-group pre-test and post-test without a control group approach*. The sample consisted of 21 respondents selected using a *purposive sampling* technique. Changes in blood pressure were measured using *Mean Arterial Pressure* (MAP) before and after the intervention, then analyzed using the *Paired Sample t-test*. The mean MAP before the intervention was 122,16 mmHg and after the intervention was 112,39 mmHg, resulting in a decrease of 9,76 mmHg. The results of the *Paired Sample t-test* showed a *t* value of 12,019 with a *p* value of 0.000 ($p < 0.05$), which means there is a significant effect in providing a combination of *diaphragmatic breathing* and *slow deep breathing*. It can be concluded that the combination of *diaphragmatic breathing* and *slow deep breathing* is effective in lowering blood pressure in hypertensive patients, so that it can be used as a non-pharmacological therapy in the management of hypertension.

Keyword : Hypertension, Diaphragmatic Breathing, Slow Deep Breathing
References : 54 references (2019-2026)