

**NERS PROFESSIONAL STUDY PROGRAM
IKES PAYUNG NEGERI PEKANBARU**

KIAN, JUNI 2024

Musnaini

23501053

**FAMILY NURSING CARE WITH THE PROVISION OF BREATHING
PRANYAMA FOR PATIENTS UNCONTROLLED HYPERTENSION IN
RANTAU PANJANG VILLAGE**

XI

ABSTRACT

Hypertension is a family disease that is prone to complications. The goal of hypertension therapy is to normalize blood pressure, reduce risk factors and control the development of hypertension. Pranyama breathing is one of the non-pharmacological alternatives that can help lower blood pressure. The purpose of this study is to determine the sbreathing pranayama on the blood pressure of hypertensive patients in the Rantau Panjang sub-district area. This nursing care was carried out quantitatively with a pre-experimental design with pre and post test methods without control. The research sample was 6 people with uncontrolled hypertension non-probability, data collection was carried out using observation sheets to measure blood pressure before and after the pre-intervention breathing intervention. Pranyama breathing exercises are carried out with breathing exercises 6-10 times in 10-15 minutes 2 times a day in 1 week. Blood measurements are done with a digital spygmomanometer. Data analysis was carried out by univariate analysis with descriptive statistics and bivariate analysis with a dependent T test. The results of the research intervention showed that the average systolic blood pressure before and after decreased from $166.75 \pm 14,080$ mmHg to 152 ± 2515.819 mmHg. The average diastole blood pressure decreased before and after from 106 ± 259.32 mmHg to 103.00 ± 296 mmHg. There was a change in mean systole and diastole blood pressure before and after the pre-intervention breathing intervention. With the results of the independent T test, a p value of 0.002 was obtained, meaning that statistically there was a significant decrease in blood pressure before and after the pranayama breathing intervention. Pranyama breathing exercises can be used as an alternative to non-pharmacological therapy that can help reduce blood pressure so that in providing nursing care, nurses can make pranayama breathing as one of the nursing interventions.

Keywords: breathing, pranayama, hipertensi

Reference : 32 (2012-2024)