PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Karya Ilmiah Berbasis *Evidence Based Practice*, 20 Februari 2026

Revinasyah, N

Penerapan *Slow Deep Breathing* Terhadap Masalah Keperawatan Perilaku Kesehatan Cenderung Berisiko Pada Pasien Hipertensi Di Desa Pancuran Gading

vi + 83 halaman + 8 tabel + 7 lampiran

ABSTRAK

Masalah utama yang dihadapi pasien hipertensi, khususnya dilingkungan keluarga yaitu rendahnya perilaku kesehatan yang ditandai dengan kurangnya kesadaran terkait pengetahuan keluarga mengenai hipertensi, karena keluarga perlu mendapatkan bimbingan, dukungan dan arahan untuk melakukan penanganan hipertensi. Manfaat terapi *slow deep breathing* dapat mengatasi masalah ketegangan otot, menurunkan rasa nyeri, meningkatkan suplai oksigen, dan membantu mengontrol emosional. Tujuan Karya Ilmiah Akhir Ners adalah memberikan gambaran hasil praktik Profesi Ners melalui penerapan *slow deep breathing* terhadap masalah keperawatan perilaku kesehatan cenderung berisiko pada pasien hipertensi. Metode yang digunakan dalam pelaksanaan intervensi keperawatan yaitu studi kasus dengan pemberian terapi *slow deep breathing* terhadap pasien hipertensi. Intervensi dilakukan 3 hari dan penerapan terapi 2 kali sehari selama 15 menit. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, serta alat ukur tensimeter dan skala NRS dengan indikator keberhasilan mengacu pada Standar Luaran Keperawatan Indonesia. Hasil intervensi menunjukkan adanya perbaikan signifikan yaitu skala nyeri dari 5-6 menjadi 2. Selain itu, nilai perilaku kesehatan pada 2 keluarga meningkat yaitu dari 1 menjadi 5. Disimpulkan bahwa terdapat perbedaan yang signifikan keberhasilan keluarga terhadap aktivitas yang disarankan sebelum dan sesudah diberikan *slow deep breathing* dan terdapat perbedaan yang signifikan antara intensitas nyeri sebelum dan sesudah terapi pada pasien dengan Hipertensi.

Kata kunci : *Slow Deep Breathing*, Hipertensi, Keluarga
Daftar Bacaan : 20 (2021-2026)

NERS PROFESSIONAL STUDY PROGRAM FACULTY OF NURSING
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Evidence Based Practice, 20 February 2026

Revinasyah, N

Application of Slow Deep Breathing to Nursing Problems of Health Behavior at Risk in Patients with Hypertension in Pancuran Gading Village

vii + 83 *page* + 8 *table* + 7 *attachment*

ABSTRACT

The main problem faced by patients with hypertension, particularly within the family environment, is low health-related behavior, characterized by a lack of awareness and knowledge among family members regarding hypertension. Therefore, families need guidance, support, and direction to manage hypertension effectively. The benefits of slow deep breathing therapy include reducing muscle tension, decreasing pain, increasing oxygen supply, and helping control emotional responses. The objective of this Final Nursing Scientific Paper is to describe the outcomes of professional nursing practice through the implementation of slow deep breathing therapy to address the nursing problem of risk-prone health behavior in patients with hypertension. The method used in implementing the nursing intervention was a case study design involving the administration of slow deep breathing therapy to a patient with hypertension. The intervention was conducted over three days, with the therapy applied twice daily for 15 minutes each session. Data were collected through interviews, observation, physical examination, and measurement tools such as a sphygmomanometer and the NRS (Numeric Rating Scale), with indicators of success referring to the Indonesian Nursing Outcomes Standards. The results of the intervention showed significant improvement, with the pain scale decreasing from 5–6 to 2. In addition, health behavior scores in two families increased from 1 to 5. It can be concluded that there was a significant difference in family adherence to the recommended activities before and after the implementation of slow deep breathing therapy, as well as a significant difference in pain intensity before and after therapy in patients with hypertension..

***Keywords** : Slow Deep Breathing, Hypertension, Family*
***References** :* 20 (2021-2026)