

**THE EFFECT OF A COMBINATION OF SLOW DEEP BREATHING
THERAPY AND MOZART'S MUSICAL RELAXATION THERAPY ON
CHANGES IN BLOOD PRESSURE AND SLEEP QUALITY IN PEOPLE
WITH HYPERTENSION**

(at Posyandu PTM "Surya" RW 04, Singonegaran Village, Kediri City)

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ABSTRACT

Hypertension causes an increase in blood pressure with uncomfortable symptoms. This has an impact on changes in sleep patterns and affects sleep quality, and increases the risk of experiencing complications that threaten the safety of sufferers. In Indonesia, in 2022, 63 million people suffer from hypertension, predicted to continue to increase. Therefore, appropriate treatment needs to be carried out, one of which is non-pharmacological treatment, namely relaxation therapy. The purpose of the study was to determine the effect of a combination of slow deep breathing therapy and Mozart music relaxation therapy on changes in blood pressure and sleep quality of hypertension sufferers. Experimental research design, quasi-experimental research design, 32 participants were divided into two groups. The statistical tests used were independent T-test for the intervention and control groups, and paired T-test for the pretest and posttest. The results showed that in the intervention group, systolic BP decreased from 149.90 to 140.04 and diastolic from 85.80 to 75.44 with a (P) value of 0.000, meaning that there was an effect of combination therapy on changes in BP in the intervention group, but not in the control group. The results of sleep quality in the pretest and posttest control groups given treatment were 7.88 and 8.19. The sleep quality scores in the pretest and posttest intervention groups given treatment were 7.88 and 4.88 with a (P) value of 0.000, meaning that there was an effect of combination therapy on sleep quality in the intervention group, but not in the control group.

Keywords : *Blood Pressure, Slow Deep Breathing, Mozart Music Relaxation, Sleep Quality*