

THE EFFECT OF DEEP BREATHING THERAPY AND POSITIVE AFFIRMATION ON ANXIETY AND BLOOD PRESSURE IN PREOPERATIVE PATIENTS AT RSUD MARDI WALUYO BLITAR CITY

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ABSTRACT

Background: Preoperative patients commonly experience anxiety that activates the sympathetic nervous system, leading to increased blood pressure. This condition may result in surgical delays and increased intraoperative and postoperative complications. Data from RSUD Mardi Waluyo Blitar indicated surgical postponements due to unstable blood pressure triggered by anxiety. Deep breathing therapy and positive affirmation are non-pharmacological interventions that may reduce anxiety and stabilize blood pressure. **Methods:** This study used a quantitative pre-experimental design with a one-group pretest-posttest approach. The sample consisted of preoperative patients at RSUD Mardi Waluyo Blitar selected through purposive sampling. Anxiety levels were measured using the *State-Trait Anxiety Inventory* (STAI), while blood pressure was measured using a sphygmomanometer. Data were analyzed using univariate and bivariate statistical tests to determine differences before and after the intervention. **Results:** The findings showed a decrease in anxiety levels after the administration of deep breathing therapy and positive affirmation. Both systolic and diastolic blood pressure decreased following the intervention. Statistical analysis indicated a significant difference between pretest and posttest results ($p < 0.05$). **Conclusion:** Deep breathing therapy combined with positive affirmation is effective in reducing anxiety and stabilizing blood pressure in preoperative patients. This simple and applicable intervention can be integrated into preoperative nursing care to improve patients' physiological and psychological readiness before surgery.

Keywords: deep breathing, positive affirmation, anxiety, blood pressure, preoperative