

**APPLICATION OF DEEP BREATHING RELAXATION THERAPY AND
FOOT MASSAGE TO LOWER BLOOD PRESSURE IN HYPERTENSION
PATIENTS IN THE NAKULA ROOM AT NGUDI WALUYO WLINGI
REGIONAL HOSPITAL**

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ABSTRACT

Background: Hypertension is a non-communicable disease that may lead to various complications and therefore requires both pharmacological and non-pharmacological management. One of the non-pharmacological therapies that can be applied is deep breathing relaxation combined with foot massage. **Objective:** To determine the outcomes of implementing deep breathing relaxation therapy and foot massage in reducing blood pressure among patients with hypertension in the Nakula Ward of RSUD Ngudi Waluyo Wlingi. **Methods:** his study employed a case study design involving one patient with hypertension who received deep breathing relaxation therapy and foot massage for 3 × 24 hours using a nursing care approach. **Results:** After the 3 × 24-hour intervention, the patient's blood pressure improved from 158/88 mmHg to 138/83 mmHg on the morning assessment of the third day. During the afternoon evaluation, the patient's blood pressure was recorded at 143/93 mmHg, indicating physiological fluctuations related to the timing of measurement and the patient's activities. In addition, the patient's dizziness decreased, the pain score was reduced from 7 to 3, the patient appeared more relaxed, reported greater comfort, and was able to perform the deep breathing relaxation technique independently. **Conclusion:** The implementation of deep breathing relaxation therapy and foot massage helped control blood pressure, reduce complaints of dizziness and pain, and improve comfort in patients with hypertension. Although diastolic blood pressure showed fluctuations during the final assessment, this condition may occur in patients with chronic hypertension due to peripheral vascular resistance, patient activity, and the timing of blood pressure measurement. Overall, the nursing care intervention demonstrated an improvement in the patient's clinical condition.

Keywords:: hypertension, deep breathing relaxation, foot massage, blood pressure.