APPLICATION OF DZIKIR MEDITATION AND DEEP BREATHING THERAPY TO CONTROL HYPERTENSION IN FAMILIES WITH INEFFECTIVE HEALTH MANAGEMENT PROBLEMS

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ABSTRACT

Introduction: Hypertension is a chronic non-infectious health disorder whose prevalence continues to increase and is often referred to as a silent killer. The inability of families to recognize the problem, modify a low-salt diet, and non-compliance with routine medication can trigger ineffective family health management problems and worsen the patient's clinical condition. Non-pharmacological therapy that can be applied independently is a combination of dzikir meditation and deep breathing. **Method**: This paper uses a descriptive research form with a case study approach. The approach used is a nursing care approach consisting of assessment, nursing diagnosis, intervention, implementation, and evaluation. Nursing care was carried out from June 23-25, 2026 in the Gribig Community Health Center work area. **Results**: Interventions carried out on Hypertension patients with ineffective health management problems were the provision of dzikir and Deep Breathing therapy, carried out for 3 meetings, where the meeting duration was 5 to 10 minutes. **Conclusion**: After the intervention, hemodynamics decreased from 187/110 mmHg before therapy to 138/102 mmHg after. In addition to the application of Dzikir meditation and deep breathing therapy, involving active family support has proven effective and efficient in lowering blood pressure and addressing ineffective family health management issues.

Keyword: Hypertension, Ineffective Family Health Management Problems, Dzikir Meditation, Deep Breathing