ABSTRAK

Regina Permataningtyas (2026). *Breathing Exercise* Sebagai Terapi Non-Farmakologis Untuk Menurunkan Tekanan Darah Pada Pasien Hipertensi di Wilayah Kerja Puskesmas Pandanwangi Kota Malang. Karya Tulis Ilmiah Studi Kasus, Program Studi D-III Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing: Edy Suyanto, S.ST., MPH.

Peningkatan prevalensi penyakit tidak menular, khususnya hipertensi, menjadi salah satu masalah kesehatan masyarakat yang signifikan karena berkontribusi terhadap tingginya angka kesakitan, kecacatan, dan kematian akibat penyakit kardiovaskular. Hipertensi yang tidak terkontrol dapat menimbulkan berbagai keluhan, seperti pusing, tengkuk terasa berat, gangguan tidur, serta meningkatkan risiko komplikasi serius. Selain terapi farmakologis. diperlukan upaya nonfarmakologis yang mudah diterapkan untuk membantu mengendalikan tekanan darah, salah satunya melalui *breathing exercise*. Penelitian ini bertujuan untuk menggambarkan penerapan *breathing exercise* sebagai terapi nonfarmakologis dalam menurunkan tekanan darah pada pasien hipertensi di wilayah kerja Puskesmas Pandanwangi Kota Malang. Penelitian menggunakan desain studi kasus deskriptif pada dua subjek penderita hipertensi. Implementasi dilakukan selama dua minggu dengan enam kali pertemuan menggunakan teknik *diaphragmatic breathing* selama 10-15 menit setiap sesi. Data dikumpulkan melalui wawancara, observasi, dan pengukuran tekanan darah sebelum serta sesudah intervensi. Hasil penelitian menunjukkan adanya penurunan tekanan darah pada kedua subjek. Pada subjek 1 tekanan darah menurun dari 146/95 mmHg menjadi 133/88 mmHg. sedangkan pada subjek 2 menurun dari 151/84 mmHg menjadi 129/73 mmHg. Selain itu, keluhan pusing, kaku tengkuk, dan rasa tidak nyaman juga berkurang setelah latihan dilakukan secara rutin. Kesimpulan penelitian menunjukkan bahwa *breathing exercise* dapat menjadi intervensi keperawatan nonfarmakologis yang dapat membantu pengendalian tekanan darah dan mengurangi keluhan yang menyertai hipertensi. Disarankan pasien hipertensi melakukan *breathing exercise* secara rutin sebagai terapi pendamping untuk mendukung pengelolaan tekanan darah secara optimal.

Kata Kunci: *Breathing exercise*, hipertensi, tekanan darah, terapi non-farmakologis

ABSTRACK

Regina Permataningtyas (2026). Breathing Exercises as a Non Pharmacological Therapy to Lower Blood Pressure in Hypertensive Patients in the Service Area of the Pandanwangi Community Health Center, Malang City. Scientific Case Study, D-III Nursing Program, Department of Nursing, Malang Health Polytechnic Health, Ministry of Health, Malang. Advisor: Edy Suyanto, S.ST., MPH.

The rising prevalence of noncommunicable diseases, particularly hypertension, has become a significant public health issue as it contributes to high rates of morbidity, disability, and mortality due to cardiovascular disease. Uncontrolled hypertension can cause various symptoms, such as dizziness, a heavy feeling in the back of the neck, sleep disturbances, and increase the risk of serious complications. In addition to pharmacological therapy, non-pharmacological interventions that are easy to implement are needed to help control blood pressure, one of which is through breathing exercises. This study aims to describe the application of breathing exercises as a non-pharmacological therapy to lower blood pressure in hypertensive patients in the service area of the Pandanwangi Community Health Center in Malang City. The study employed a descriptive case study design involving two subjects with hypertension. The intervention was conducted over two weeks with six sessions using diaphragmatic breathing techniques for 10–15 minutes per session. Data were collected through interviews, observations, and blood pressure measurements before and after the intervention. The results of the study showed a decrease in blood pressure in both subjects. In Subject 1, blood pressure decreased from 146/95 mmHg to 133/88 mmHg, while in Subject 2, it decreased from 151/84 mmHg to 129/73 mmHg. Additionally, complaints of dizziness, neck stiffness, and discomfort also decreased after the exercises were performed regularly. The study's conclusion indicates that breathing exercises can serve as a nonpharmacological nursing intervention to help control blood pressure and reduce symptoms associated with hypertension. It is recommended that patients with hypertension perform breathing exercises regularly as an adjunct therapy to support optimal blood pressure management.

Keywords: *Breathing exercise, hypertension, blood pressure, non-pharmacological therapy*