

## ABSTRACT

The Application of *Slow Deep Breathing* Intervention in Family Nursing Care for Hypertensive Patients to Lower Blood Pressure in the Working Area of Polowijen Health Center, Malang City. Agustina Biwin Astuti (2025) KIAN, Nursing Profession Education Malang, Health Polytechnic of the Ministry of Health Malang, Supervisor Tri Nataliswati, S.Kep., Ns., M.Kep

Hypertension is a condition where systolic blood pressure is  $\geq 140$  mmHg and diastolic blood pressure is  $\geq 90$  mmHg. The problem that clearly arises during hypertension is the increase in blood pressure that exceeds the normal limits. This case study aims to provide family nursing care using the application of slow deep breathing relaxation techniques to lower Mr. J's blood pressure and health education regarding proper nutrition management to Mr. J's family. The design of this case study focuses on providing nursing care starting from assessment, diagnosis, intervention, implementation, and nursing evaluation. This case study consists of documentation of nursing care for a hypertensive patient and their family, addressing nursing problems related to discomfort and readiness for improved health management. Based on the case study results, it was found that there was a nursing problem of discomfort with the provision of interventions using the slow deep breathing relaxation technique and readiness for improved health management in the form of implementing health education interventions on nutrition management for hypertension patients. In Mr. J and his family, after being given nursing interventions during 3 sessions, the final evaluation results showed a decrease in discomfort complaints and an increase in knowledge for the patient's family. The issue of discomfort cannot be resolved with just one practice of the slow deep breathing technique; it must be repeated and accompanied by regular blood pressure monitoring. Therefore, the patient is asked to memorize and understand this relaxation technique well so that it can serve as an alternative in lowering blood pressure. Additionally, the issue of readiness for health improvement requires repeated health education regarding proper nutrition management so that a healthy diet can help in controlling blood pressure.

**Keywords:** Hypertension, *Slow Deep Breathing*, Blood Pressure Reduction