

**Penerapan Latihan Relaksasi Nafas Dalam Pada Ny D.K
Pasien Hipertensi Dalam Pemenuhan Kebutuhan Rasa
Aman Nyaman Di Puskesmas Panambungan Makassar**

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Abstract

Hypertension is a non-communicable disease that has the potential to cause sudden premature death. If not handled properly, it can cause continuous pain that can interfere with security and comfort.

Objective: To obtain an overview of the application of deep breathing relaxation exercises in hypertensive patients in meeting the needs for a sense of security and comfort.

Methods: This scientific paper uses a descriptive design. Analysis of research data is presented in the form of case studies by measuring blood pressure before and after deep breathing relaxation exercises.

Results: deep breathing relaxation techniques can reduce blood pressure significantly on the first day to the fourth day, but the results of blood pressure are still in the category of hypertension, this is caused by age, and the patient's inability to control stress, as well as eating patterns so that on the day of the fifth and sixth blood pressure increased.

Conclusion: There was a decrease in blood pressure and reduced pain levels after deep breathing relaxation.

Suggestion: Can apply deep breathing relaxation exercises as a non-pharmacological treatment for hypertension patients and as a skill that must be applied to reduce pain levels.

keywords: hypertension patients, blood pressure, pain, deep breathing relaxation