

**PENGARUH INTERVENSI *ALTERNATE NOSTRIL BREATHING EXERCISE* (ANBE) TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN Tn. S DENGAN HIPERTENSI DI RUANG DAHLIA RSUD KOTA YOGYAKARTA**

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**INTISARI**

**Latar Belakang :** Hipertensi juga sering disebut *The Silent Killer*, keluhan yang dapat muncul salah satunya ialah stres sehingga melakukan relaksasi dapat membantu menurunkan tekanan darah, jenis relaksasi yang dapat diterapkan ialah dengan *Alternate Nostril Breathing Exercise* (ANBE).

**Tujuan :** Mengetahui pengaruh intervensi *Alternate Nostril Breathing Exercise* (ANBE) terhadap penurunan tekanan darah pada penderita hipertensi

**Metode :** Studi kasus ini menggunakan metode deskriptif dengan pendekatan proses asuhan keperawatan pada pasien Hipertensi. Pemberian intervensi *Alternate Nostril Breathing Exercise* (ANBE) diberikan selama 3 hari dengan frekuensi 2 kali dalam sehari yaitu pagi dan sore hari, selama 6-15 menit menggunakan kriteria inklusi penderita hipertensi yang memiliki tekanan darah sistolik  $\geq 130$  mmHg dan/atau diastolik  $\geq 90$  mmHg. Melakukan pengukuran tekanan darah sebelum dan sesudah intervensi.

**Hasil :** Hasil pengukuran tekanan darah sebelum dilakukan *alternate nostril breathing exercise* yakni 158/107 mmHg kemudian setelah dilakukan *alternate nostril breathing exercise* selama 3 hari menjadi 143/81 mmHg

**Kesimpulan :** Terlihat adanya penurunan tekanan darah pada pasien hipertensi Tn. S di ruang Dahlia RSUD Kota Yogyakarta

**Kata Kunci :** *Alternate Nostril Breathing Exercise* (ANBE), hipertensi, penurunan tekanan darah

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**THE EFFECT OF ALTERNATE NOSTRIL BREATHING EXERCISE  
(ANBE) INTERVENTION ON REDUCING BLOOD PRESSURE IN  
PATIENTS WITH HYPERTENSION IN THE DAHLIA ROOM OF  
YOGYAKARTA HOSPITAL**

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**ABSTRACT**

**Background :** Hypertension, commonly called “The Silent Killer”, can give birth to several symptoms, including stress. Engaging in relaxation techniques may aid in reducing blood pressure. One such relaxation method that can be employed is the Alternate Nostril Breathing Exercise (ANBE).

**Objective :** This study aims to investigate the impact of the Alternate Nostril Breathing Exercise (ANBE) intervention on reducing blood pressure levels among individuals diagnosed with hypertension.

**Methods :** The present study employs a descriptive methodology, utilising a nursing care process approach to investigate the management of hypertension in patients. The study involved administering the Alternate Nostril Breathing Exercise (ANBE) intervention to participants for 3 days. The intervention was performed twice daily, in the morning and evening, for 6-15 minutes. The inclusion criteria for the study were hypertensive patients with a systolic blood pressure of  $\geq 130$  mmHg and/or a diastolic blood pressure of  $\geq 90$  mmHg. Blood pressure measurements were taken before and after the intervention to assess its effects.

**Results:** The blood pressure measures recorded before engaging in the alternate nostril breathing exercise yielded a 158/107 mmHg reading. Subsequently, after consistently practising the alternate nostril breathing exercise for three days, the blood pressure measurements decreased to 143/81 mmHg.

**Conclusion :** A decline in blood pressure has been observed in Mr S, a hypertensive patient currently in the Dahlia room of Yogyakarta Hospital. The patient was situated in the Dahlia room of Yogyakarta Hospital.

**Keywords:** Alternate Nostril Breathing Exercise (ANBE), hypertension, blood pressure reduction

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