

**THE APPLICATION OF ALTERNATE NOSTRIL BREATHING
INTERVENTION TO REDUCE BLOOD PRESSURE IN ELDERLY WITH
HYPERTENSION IN THE WORKING AREA OF KASIHAN II HEALTH
CENTRE**

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ABSTRACT

Background: The world population of people over 60 years old is increase significantly. Common conditions in older people include hearing loss, cataract, diabetes and hypertension and other disease caused by biological changes and also physiological changes hypertension common happened among old age population. One of the non-pharmacological therapies that can be given to reduce blood pressure is the alternate nostril breathing technique, this intervention is effective for lowering blood pressure.

Objective: To determine the application of alternate nostril breathing intervention to reduce blood pressure.

Methods: Data collection techniques using observation - participation where researchers make observations and participate in carrying out nursing care actions to 1 patient. Providing Alternate Nostril Breathing intervention is given for 4 days with a frequency of 2 times a day, namely morning and evening, for 6-15 minutes and measuring blood pressure before and after the intervention.

Results: The results of blood pressure measurements before alternate nostril breathing were 160/98 mmHg then after alternate nostril breathing for 4 days to 130/90 mmHg.

Conclusion: Non-pharmacological therapy of alternate nostril breathing technique is effective in reducing blood pressure in patients with hypertension

Keywords: Alternate Nostril Breathing, hypertension, blood pressure reduction

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**PENERAPAN INTERVENSI *ALTERNATE NOSTRIL BREATHING*
TERHADAP PENURUNAN TEKANAN DARAH PADA LANSIA DENGAN
HIPERTENSI DI WILAYAH KERJA PUSKESMAS KASIHAN II**

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INTISARI

Latar Belakang: Penuaan adalah proses pertumbuhan terakhir dan semua orang mengalaminya. Batasan lanjut usia adalah di atas 60 tahun. Lansia juga mengalami kondisi fisiologis yang mempengaruhi pembuluh darah dan menyebabkan hipertensi. Salah satu terapi non farmakologi yang dapat diberikan untuk menurunkan tekanan darah yaitu dengan teknik *alternate nostril breathing* intervensi ini efektif untuk menurunkan tekanan darah.

Tujuan: untuk mengetahui penerapan intervensi *alternate nostril breathing* terhadap penurunan

Metode: Teknik pengambilan data dengan menggunakan observasi – partisipasi dimana peneliti melakukan pengamatan dan ikut serta dalam melakukan Tindakan asuhan keperawatan kepada 1 pasien. Pemberian intervensi *Alternate Nostril Breathing* diberikan selama 4 hari dengan frekuensi 2 kali dalam sehari yaitu pagi dan sore hari, selama 6-15 menit dan melakukan pengukuran tekanan darah sebelum dan sesudah intervensi.

Hasil: Hasil pengukuran tekanan darah sebelum dilakukan *alternate nostril breathing* yakni 160/98 mmHg kemudian setelah dilakukan *alternate nostril breathing* selama 4 hari menjadi 130/90 mmHg

Kesimpulan: Terapi non farmakologi teknik *alternate nostril breathing* ini efektif dalam menurunkan tekanan darah pada penderita hipertensi

Kata Kunci: *Alternate Nostril Breathing*, hipertensi, penurunan tekanan darah

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