

**PENERAPAN SLOW DEEP BREATHING DAN AROMATERAPI MAWAR  
TERHADAP PENURUNAN TEKANAN DARAH PADA LANSIA  
PENDERITA HIPERTENSI**

Priski Aprilia<sup>1</sup>, Suwarno<sup>2</sup>

Program Studi Profesi Ners Fakultas Kesehatan Universitas Jenderal Achmad  
Yani Yogyakarta, Jl. Brawijaya, Gamping, Sleman, Daerah Istimewa  
Yogyakarta(55294), Indonesia

*E-mail : [priskiaprilia57@gmail.com](mailto:priskiaprilia57@gmail.com)*

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**ABSTRAK**

**Latar Belakang :** Lansia memiliki risiko tinggi mengalami hipertensi yang merupakan penyebab utama komplikasi kardiovaskular. Pendekatan non farmakologis seperti terapi *slow deep breathing* (SBD) dan aromaterapi mawar, telah terbukti efektif dalam menurunkan tekanan darah pada lansia.

**Tujuan :** Mengetahui pengaruh penerapan terapi SBD dan aromaterapi mawar terhadap penurunan tekanan darah pada lansia dengan hipertensi di wilayah Jomogatan, Bantul.

**Metode :** Penulisan menggunakan pendekatan observasi partisipatif, wawancara, dan studi literatur. Intervensi dilakukan selama tiga hari dengan durasi 15-20 menit setiap sesi. Tekanan darah diukur sebelum dan setelah intervensi

**Hasil :** Setelah tiga sesi intervensi, tekanan darah sistolik mengalami penurunan rata-rata sebesar 11 mmHg dan diastolic turun rata-rata sebesar 4,3 mmHg. Hasil ini sejalan dengan penelitian sebelumnya yang menunjukkan efektivitas SBD dan aromaterapi dalam menurunkan tekanan darah secara signifikan.

**Kesimpulan :** Terapi *slow deep breathing* dan aromaterapi mawar dapat menjadi terapi komplementer efektif untuk menurunkan tekanan darah pada lansia dengan hipertensi. intervensi ini diharapkan dapat diterapkan secara luas sebagai bagian dari asuhan keperawatan untuk meningkatkan kualitas hidup lansia.

**Kata Kunci : Terapi *Slow Depp Breathing*, Aromaterapi Mawar, Hipertensi**

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<sup>1</sup>Mahasiswa Profesi Ners, Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Profesi Ners, Universitas Jenderal Achmad Yani Yogyakarta

**THE APPLICATION OF SLOW DEEP BREATHING AND ROSE  
AROMATHERAPY IN REDUCING BLOOD PRESSURE AMONG  
ELDERLY WITH HYPERTENSION**

Priski Aprilia<sup>1</sup>, Suwarno<sup>2</sup>

Study Program of Professional Nursing, Faculty of Health, Jenderal Achmad Yani  
University Yogyakarta, Jl. Brawijaya, Gamping, Sleman, Special Region of  
Yogyakarta (55294), Indonesia

*E-mail : [priskiaprilia57@gmail.com](mailto:priskiaprilia57@gmail.com)*

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**ABSTRACT**

**Introduction :** Elderly individuals have a high risk of developing hypertension, a leading cause of cardiovascular complications. Non-pharmacological approaches, such as slow deep breathing (SDB) therapy and rose aromatherapy, have been proven effective in reducing blood pressure among the elderly.

**Objective :** To determine the effect of SDB therapy and rose aromatherapy on lowering blood pressure in elderly individuals with hypertension in the Jomogatan area, Bantul.

**Methods :** The study employed a participatory observation approach, interviews, and literature review. Interventions were conducted over three days with each session lasting 15-20 minutes. Blood pressure was measured before and after each intervention.

**Results :** After three intervention sessions, systolic blood pressure showed an average reduction of 11 mmHg, while diastolic blood pressure decreased by an average of 4.3 mmHg. These results align with previous studies demonstrating the significant effectiveness of SDB and rose aromatherapy in lowering blood pressure.

**Conclusion :** Slow deep breathing therapy and rose aromatherapy are effective complementary therapies for reducing blood pressure in elderly individuals with hypertension. These interventions are recommended for broader implementation as part of nursing care to improve the quality of life of the elderly.

**Keywords : Slow Deep Breathing Therapy, Rose Aromatherapy, Hypertension**

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<sup>1</sup>Nursing Profession Student, Jenderal Achmad Yani University Yogyakarta

<sup>2</sup>Nursing Profession Lecturer, Jenderal Achmad Yani University Yogyakarta