

**ABSTRACT**

**INFLUENCE OF DEEP BREATHING TO DECREASING BLOOD  
PRESSURE AT HYPERTENSION ELDERLY IN PANTI  
WERDHA HARGODEDALI SURABAYA**

Quasy experiment research in Nursing Faculty Airlangga University  
Surabaya

**Moch. Chaerudin**

**Background:** Elderly got aging process affected by physical and mental changing caused by degenerative disorder, mostly happened hypertension case. Isolated hypertension in elderly caused by structural and function changing of endotel blood vessel. The aim of research to explained influenced of deep breathing to decreasing blood pressure at hypertension elderly based on functional concequence theory in Panti Werdha Hargodedali Surabaya. **Method:** This research had been using quasy experimental nonprobability sampling purposive sampling type within respondent sample 12 elderly (6 control group and 6 intervention group). The Relation between blood pressure pre and post analized by paired t test with significancy  $\alpha=0,05$ . Variable on this research was blood pressure (dependent variable) and deep breathing (independent variable). Instrument using demografic data questionnaire, sistolic blood pressure observation record and standart operasional procedure of deep breathing **Result:** paired t test statistic showed that deep breathing influenced to decreasing sistolic blood pressure, in intervension group ( $p=0,002$ ) and control group ( $p=0,175$ ). Meanwhile independen t test result from control group and intervension group  $p=0,580$  , this result explained that deep breathing influence to blood pressure decreasing at elderly with isolated hypertension. **Discussion:** Needed deep breathing continuously to decreasing blood pressure in elderly with isolated hypertension for increasing negative functional concequence becamed positive functional concequence based on miller theory. The resercher suggested further resercher using effectivity with another exercise.

**Key word: Deep breathing, Elderly, Isolated hypertension**