**ABSTRAK**

Gambaran Tekanan Darah Pada Lansia Yang Menderita Hipertensi Sebelum Dan Sesudah Dilakukan Relaksasi Nafas Dalam Di Wilayah Kerja Puskesmas Rampal Celaket Kota Malang. Niken Donika Widjaya (2016). Karya Tulis Ilmiah Diskriptif. Jurusan Keperawatan. Program Studi Diploma III Keperawatan Malang. Pembimbing (Utama) Sugianto Hadi, SKM, MPH, Pembimbing (Pendamping) Rudi Hamarno, SKep Ns. M. Kep.

**Kata Kunci:** Relaksasi Nafas Dalam, Tekanan Darah, Hipertensi, Lansia

Relaksasi nafas dalam merupa suatu keadaan inspirasi dan ekspirasi pernafasan dengan cara perlahan, berirama, memejamkan mata dan berfungsi untuk membuat lansia merasa rileks. Tujuan penelitian untuk mengetahui tekanan darah pada lansia yang menderita hipertensi sebelum dan sesudah dilakukan Releksasi Nafas Dalam. Metode penelitian diskriptif studi kasus. Subjek pada penelitian 2 lansia. Fokus penelitian lansia penderita hipertensi sebelum dan sesudah diberikan relaksasi nafas dalam dengan memberikan lembar *Informed Consent* sebagai lembar persetujuan sebagai responden, selanjutnya dilakukan pengukuran tekanan darah sebelum dilakukan tindakan relaksasi nafas dalam dan diukur tekanan darah kembali setelah 5 menit dilakukan tindakan. Berdasarkan hasil observasi selama 1 minggu pada subjek I (Ny. T) didapatkan tekanan darah sistolik dan diastolik pada akhir latihan yaitu 120/70 mmHg dan hasil observasi selama 1 minggu pada subjek II (Ny. W) yaitu 140/70 mmHg. Dari hasil penelitian tersebut disarankan kepada lansia yang mengalami hipertensi untuk melakukan terapi relaksasi nafas dalam secara mandiri untuk mengontrol tekanan darah sebagai terapi nonfarmakologi.

**ABSTRAC**

Description of Blood Pressure In Elderly Sufferer Hypertension Before And After Do Relaxation deep breathing In Puskesmas In Rampal Celaket Malang. Niken Donika Widjaja (2016). Scientific Writing, Diploma III Study Programing of Nursing, Departemrnt of Nursing, State Health Polytechnic of Malang. Advisor 1 Sugianto Hadi, SKM, MPH, Advisor 2 Rudi Hamarno, SKep Ns. M. Kep.

**Keywords:** Relaxation Deep Breathing, Blood Pressure, Hypertension, Elderly

Relaxation Deep Breating a state of inspiration and expiration of breathing by means of slow, rhythmic, closed his eyes and serves to make the elderly feel relaxed. Research objective to find out blood pressure in elderly hypertensive before and after relaxation deep breathing. Research method descriptive case study. Subjects in Research 2 the elderly. The focus of Research of elderly people with hypertension before and after relaxation deep breathing providing informed consent sheet as the consent form as respondents, the measurement of blood pressure before relaxation action deep breath and blood pressure were measured again after 5 minutes of action. Based on observations during the first week on the subject I (Mrs. T) obtained systolic and diastolic blood pressure at the end of the exercise that is 120/70 mmHg and observed during the first week on the subject II (Mrs. W) is 140/70 mmHg. From the results of the study suggested to the elderly with hypertension to do deep breathing relaxation therapy on their own to control the blood pressure as nonpharmacological therapy.