

ABSTRACT

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The Influence of Breathing Meditation Toward The Decrease of Elderly Blood Pressure With Hypertension in Panti Werdha Dharma Bhakti Palembang.

Skripsi

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The increase of age cause the condition and the function of elderly body going to low and it causes degenerative sickness, one of the health hypertension. One of non pharmacology therapy to solve hypertension is breathing meditation. This meditation will help to decrease the high blood pressure with breath relaxation in that contain inside. This research have a purpose to know is there the influence as breathing meditation toward the blood pressure of an elderly with hypertension in Panti Werdha Dharma Bhakti Palembang. Kind of research is pre experiments research using one group pretest posttest program. Taking sample technique in this research using purposive sampling method with the sample total 20 person. Univariate analyze giving the data that the average of systolic blood pressure before implementation of breathing meditation for the first time is 148.00 mmHg and after breathing meditation gave for the third time is 122.00 mmHg. Bivariate analyze known that there is the influence from breathing meditation toward the blood pressure of elderly with hypertension in Panti Werdha Dharma Bhakti Palembang, with p-value $0,000 \leq 0,05$ and it means that there are influence of breathing meditation toward the blood pressure of elderly with hypertension. So we suggest to do breathing meditation program that will handle for three times in a week.

Bibliography: 45 (2000-2015)