# Application Of Deep Breathing Exercise And Religious Music Therapy On Blood Pressure Of Elderly Hypertension Patients

**Luluk Cahyanti*, Alvi Ratna Yuliana, Vera Fitriana, Devi Setya Putri, Emiliana Zulva**

Institut Teknologi Kesehatan Cendekia Utama Kudus

*Corresponding Author: lulukabbas.lc@gmail.com

**Abstract.** Common diseases experienced by the elderly are hypertension. Cases of hypertension in Demak are quite high, one of which is in Mranggen village. From this reality, it is proven that many people still ignore hypertension. Because some sufferers do not feel symptoms and some show symptoms such as headaches, weakness, fatigue, shortness of breath and blurred vision. If not treated immediately, it will cause complications such as kidney failure, stroke, coronary heart disease and retinopathy. It is certainly important to make efforts to control blood pressure. The combination of non-pharmacological management *of deep breathing exercise* and religious music is one of the efforts that can be done. The purpose of the study was to describe the provision of a combination of *deep breathing exercise* and religious music therapy on blood pressure in elderly hypertensive patients. This study uses a descriptive case study research type with a nursing care process approach. The number of samples was 10 respondents, with the criteria of elderly patients with hypertension, clients who did not take medication during hypertension in order to determine the effectiveness of the action, clients who could communicate well, and clients who were willing to be respondents. Deep breathing exercise and religious music training were carried out once a day for 3 days in 1 week with a duration of 15 minutes. Blood pressure measurements used a sphygmomanometer and stethoscope. Blood pressure measurements were taken before and after the procedure . The results of the study showed that the blood pressure of respondent 1 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 160/70 mmHg and after being given therapy for 3 days on the last day the blood pressure became 150/60 mmHg. In respondent 2 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 179/80 mmHg and after being given therapy for 3 days on the last day the blood pressure became 156/70 mmHg. Respondent 3 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 180/70 mmHg and after being given therapy for 3 days on the last day the blood pressure became 150/60 mmHg. In respondent 4 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 189/90 mmHg and after being given therapy for 3 days on the last day the blood pressure became 166/70 mmHg. Respondent 5 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 160/70 mmHg and after being given therapy for 3 days on the last day the blood pressure became 140/70 mmHg. In respondent 6 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 179/80 mmHg and after being given therapy for 3 days on the last day the blood pressure became 170/80 mmHg. Respondent 7 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 180/75 mmHg and after being given therapy for 3 days on the last day the blood pressure became 140/65 mmHg. In respondent 8 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 179/75 mmHg and after being given therapy for 3 days on the last day the blood pressure became 140/70 mmHg. Respondent 9 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 160/70 mmHg and after being given therapy for 3 days on the last day the blood pressure became 150/60 mmHg. In respondent 10 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 179/80 mmHg and after being given therapy for 3 days on the last day the blood pressure became 156/70 mmHg.

**Keywords** : *Deep Breathing Exercise;* Religious Music; Hypertension; Elderly

**INTODUCTION**

Elderly or the process of aging is a process of gradually disappearing the ability of tissue to repair itself or replace and maintain its normal function so that it cannot withstand infection and repair the damage suffered. (Sya'diyah 2018) . Based on Law No. 13 of 1998 concerning the Welfare of the Elderly, it is stated that the elderly are someone who is over 60 years old (Dewi 2014) .

Hypertension is a *degenerative disease* , which increases with age and lifestyle of the individual (Triyanto 2014) . *The World Health Organization (WHO)* in 2019 estimated that the current global prevalence of hypertension is 22% of the world's total population. Riskesdas data in 2018 The prevalence of hypertension in the elderly group experienced a fairly high increase in cases. The age group 55-64 years is 55.2%, age 65-74 years is 63.2%, age 75 and over 69.5% (Ministry of Health, nd) **.** Data from the Central Java Provincial Health Office in 2019, the estimated number of hypertension sufferers was 8,070,378 people or 30.4% of the total population aged >15 years ( *Central Java Provincial Health Profile 2019* 2019) . In Demak Regency, there were 309,697 and 19% of them were elderly in the Mranggen I Health Center work area. Hypertension sufferers in the elderly at the Mranggen 1 Health Center in 2018 were 3,295 people (Demak Regency Health Office, nd) **.** This requires appropriate intervention in controlling blood pressure.

Research by Susi Wijayanti and Emma Setiyo Wulan. From 25 patients, the average systolic blood pressure before deep breathing relaxation was 153.80 mmHg after therapy 142.56 mmHg and the average diastolic blood pressure before deep breathing relaxation was 94.40 mmHg while the average blood pressure after deep breathing relaxation was 84.80 mmHg, there was a significant effect between blood pressure before and after deep breathing relaxation techniques in hypertensive patients, namely p value 0.000 (p <0.000) (Wijayanti and Setiyo 2017) . Through *deep breathing exercise* therapy , cardiopulmonary stretches and then stimulates the aortic arch. The carotid sinus goes to the medulla oblongata and stimulates the parasympathetic nerves which have an impact on decreasing myocardial contractility, blood vessel dilation so that systolic and diastolic blood pressure decreases (Muttaqin 2009) .

Other management applications to lower blood pressure with music therapy. The results of research by Erlita Kundartiari and Sri Nur Hartiningsih. From this study, it has an effect on reducing blood pressure in the elderly suffering from hypertension with a decrease in blood pressure on the 3rd and 4th days of the study. Murottal therapy without deep breathing relaxation can also reduce blood pressure in the elderly with hypertension with a decrease in blood pressure on the 2nd and 4th days of the study. From this therapy, both those who were only given murottal and those who were given both therapies can both reduce blood pressure in the elderly with hypertension (Kundartiari and Hartiningsih 2020) . Religious music therapy through its rhythm reduces cortisol levels, causes blood vessels to stretch and affects the sympathetic nerves so that it provides a relaxing effect and contributes to lowering blood pressure (Djohan 2016) . The brain enters alpha waves (8-12Hz), brain waves that occur when someone experiences relaxation (Mustajib 2010) . The combination of deep breathing intervention and music therapy is effective in lowering blood pressure in hypertensive patients ( Noor Fitriyani and Fakhrudin Nasrul Sani , 2021) .

The results of the study showed that the blood pressure of respondent 1 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 160/70 mmHg and after being given therapy for 3 days on the last day the blood pressure became 150/60 mmHg. In respondent 2 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 179/80 mmHg and after being given therapy for 3 days on the last day the blood pressure became 156/70 mmHg. Respondent 3 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 180/70 mmHg and after being given therapy for 3 days on the last day the blood pressure became 150/60 mmHg. In respondent 4 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 189/90 mmHg and after being given therapy for 3 days on the last day the blood pressure became 166/70 mmHg. Respondent 5 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 160/70 mmHg and after being given therapy for

3 days on the last day the blood pressure became 140/70 mmHg. In respondent 6 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 179/80 mmHg and after being given therapy for 3 days on the last day the blood pressure became 170/80 mmHg. Respondent 7 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 180/75 mmHg and after being given therapy for 3 days on the last day the blood pressure became 140/65 mmHg. In respondent 8 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 179/75 mmHg and after being given therapy for 3 days on the last day the blood pressure became 140/70 mmHg. Respondent 9 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 160/70 mmHg and after being given therapy for 3 days on the last day the blood pressure became 150/60 mmHg. In respondent 10 before and after being given deep breathing exercise therapy and religious music for 3 consecutive days with a duration of 15 minutes, the blood pressure on the first day before receiving therapy was 179/80 mmHg and after being given therapy for 3 days on the last day the blood pressure became 156/70 mmHg.

## METHODS

**This research** method uses a descriptive case study research type with a nursing care process approach that describes and depicts a state of an object at the present time as it is based on facts. This study is to describe the provision of a combination of *Deep Breathing Exercise* and Religious Music for high blood pressure in elderly people with hypertension. The religious music used in the study is the title of the song "demi masa" which was popularized by the vocal group nasyid raihan.

The population in this study were elderly people with hypertension who frequently had check-ups at the Mranggen 1 Health Center. as many as 10 elderly, with the criteria of elderly clients who experience hypertension, clients who do not take medication during hypertension in order to determine the effectiveness of the action, clients who can communicate well, and clients who are willing to be respondents , clients who do not experience dementia and have no hearing loss. The data collection was carried out in April - May 2023.

Research data was taken by measuring blood pressure before being given deep breathing exercise and religious music. then given deep breathing exercise and religious music carried out once a day for 3 days in 1 week with a duration of 15 minutes, then blood pressure measurements are taken again.

## RESULTS AND DISCUSSION

### Research result

Respondent 1, the result of the first assessment of the Mranggen 1 health center patient on Tuesday at 08.30 WIB in Mranggen village RT 05 RW 05, Mranggen district, was through autoanamnesa, namely direct interviews with respondents. Respondent 1, aged 64, lives with his wife and child. The patient has suffered from hypertension since 8 years ago and symptoms such as shortness of breath, dizziness and fatigue often appear. BP results: 160/70 mmHg, RR: 25 x/minute, N: 90x/minute, Temperature: 36.5 $^0$c. The patient received amlodipine.

Respondent 2 results of the first assessment of patients at the Mranggen 1 health center on Tuesday at 10:00 WIB in Tegal Mas Village, Mranggen RT 03 RW 08 by *autoanamnesis* , namely direct interviews with respondents. Respondent 2 is 67 years old and lives with his child. The patient has suffered from hypertension for the past 10 years and his blood pressure is often high but rarely feels complaints. The patient is taking amlodipine. BP results: 179/80 mmHg, RR: 19 x/minute, N: 89x/minute, Temperature: 37.0 $^0$c.

Respondent 3 results of the Mranggen 1 health center patient assessment on Tuesday at 11.00 WIB in Mranggen village RT 05 RW 05, Mranggen district by autoanamnesis, namely direct interviews with respondents. Respondent 3 is 61 years old and lives with his child. The patient has suffered from hypertension since 7 years ago and often has symptoms such as shortness of breath, dizziness and fatigue. BP results: 180/70 mmHg, RR: 25 x/minute, N: 90x/minute, Temperature: 36.5 $^0$c. The patient received amlodipine.

Respondent 4, the results of the first assessment of patients at the Mranggen 1 Health Center on Tuesday at 12.00 WIB in Tegal Mas Village, Mranggen RT 03 RW 08, were *autoanamnesa,* namely direct interviews with respondents. Respondent 4, aged 67, lives with his child. The patient has suffered from hypertension for the past 9 years and his blood pressure is often high but rarely feels complaints. The patient is taking amlodipine. BP results: 189/90 mmHg, RR: 19 x/minute, N: 89x/minute, Temperature: 37.0 $^0$c.

Respondent 5 h the results of the first assessment of the patient of Mranggen 1 health center Tuesday at 13.00 WIB in Mranggen village RT 05 RW 05 Mranggen district by autoanamnesa, namely direct interviews with respondents. Respondent 5 aged 64 lives with his wife and child. The patient has suffered from hypertension since 8 years ago and often shows symptoms such as shortness of breath, dizziness and fatigue. BP results: 160/70 mmHg, RR: 25 x/minute, N: 90x/minute, Temperature: 36.5 $^0$ c. The patient received captopril.

Respondent 6, the results of the first assessment of patients at the Mranggen 1 Health Center on Tuesday at 14.00 WIB in Tegal Mas Village, Mranggen RT 03 RW 08, were *autoanamnesa,* namely direct interviews with respondents. Respondent 6, aged 67, lives with his child. The patient has suffered from hypertension for the past 10 years and his blood pressure is often high but rarely feels complaints. The patient is taking amlodipine. BP results: 179/80 mmHg, RR: 19 x/minute, N: 89x/minute, Temperature: 37.0 $^0$c.

Respondent 7 h the results of the first assessment of the Mranggen 1 health center patient Tuesday at 15.00 WIB in Mranggen village RT 05 RW 05 Mranggen district by autoanamnesa, namely direct interviews with respondents. Respondent 1 is 64 years old and lives with his wife and child. The patient has suffered from hypertension since 7 years ago and symptoms such as shortness of breath, dizziness and fatigue often appear. BP results: 180/75 mmHg, RR: 25 x/minute, N: 90x/minute, Temperature: 36.5 $^0$ c. The patient received amlodipine.

Respondent 8, the results of the first assessment of patients at the Mranggen 1 Health Center on Tuesday at 10:00 WIB in Tegal Mas Village, Mranggen RT 03 RW 08, were *autoanamnesa,* namely direct interviews with respondents. Respondent 8, aged 77, lives with his child. The patient has suffered from hypertension for the past 10 years and his blood pressure is often high but rarely feels complaints. The patient is taking amlodipine. BP results: 179/75 mmHg, RR: 19 x/minute, N: 89x/minute, Temperature: 37.0 $^0$c.

Respondent 9 results of the first assessment of patients at the Mranggen 1 health center on Tuesday at 15.00 WIB in Mranggen village RT 05 RW 05, Mranggen district, by autoanamnesis, namely direct interviews with respondents. Respondent 1 is 64 years old and lives with his wife and child. The patient has suffered from hypertension since 7.5 years ago and symptoms such as shortness of breath, dizziness and fatigue often appear. BP results: 160/70 mmHg, RR: 25 x/minute, N: 90x/minute, Temperature: 36.5 $^0$c. The patient received amlodipine.

Respondent 10 results of the first assessment of patients at the Mranggen 1 health center on Tuesday at 10:00 WIB in Tegal Mas Village, Mranggen RT 03 RW 08 by *autoanamnesis* , namely direct interviews with respondents. Respondent 10 is 71 years old and lives with his child. The patient has suffered from hypertension for the past 10 years and his blood pressure is often high but rarely feels complaints. The patient is taking amlodipine. BP results: 179/75 mmHg, RR: 19 x/minute, N: 89x/minute, Temperature: 37.1 $^0$c.

Based on the assessment of respondent 1, the nursing problem that can be taken is activity intolerance due to imbalance between oxygen supply and demand (D.0056) because the client complains of fatigue, dizziness, dyspnea RR: 25 x / minute, in respondent 2 Ineffective peripheral perfusion due to increased blood pressure (D.0009) the client's blood pressure is high, namely 179/80 mmHg. In respondent 3, the nursing problem that can be taken is activity intolerance due to imbalance between oxygen supply and demand (D.0056) because the client complains of fatigue, dizziness, dyspnea RR: 25 x / minute, In respondent 4 Ineffective peripheral perfusion due to increased blood pressure (D.0009) the client's blood pressure is high. In respondent 5, the nursing problems that can be taken are activity intolerance due to imbalance between oxygen supply and demand (D.0056) because the client complains of fatigue, dizziness, dyspnea RR: 25 x / minute, In respondent 6, peripheral perfusion is ineffective due to increased blood pressure (D.0009) the client's blood pressure is high, namely 179/80 mmHg. In respondent 7, the nursing problems that can be taken are activity intolerance due to imbalance between oxygen supply and demand (D.0056) because the client complains of fatigue,

dizziness, dyspnea RR: 25 x / minute, In respondent 8, peripheral perfusion is ineffective due to increased blood pressure (D.0009) the client's blood pressure is high. In respondent 9, the nursing problems that can be taken are activity intolerance due to imbalance between oxygen supply and demand (D.0056) because the client complains of fatigue, dizziness, dyspnea RR: 25 x / minute, In respondent 10, peripheral perfusion is ineffective due to increased blood pressure (D.0009) the client's blood pressure is high.

From the nursing problems, the author planned the first intervention, namely providing *deep breathing exercise* combined with religious music entitled "demi masa" for 3 consecutive days for approximately 15 minutes. The second intervention was to provide health education on the definition of hypertension, symptoms of hypertension, causes of hypertension and management of hypertension using non-pharmacological therapy of *deep breathing exercise* combined with religious music "demi masa".

**Table 1**
**Case study management results of respondents 1-10 on May 9, 2023**

| Pre | Systole | Diastole | DS | DO |
|---|---|---|---|---|
| R1 | 160 | 70 | Shortness of breath, dizziness and fatigue | Weak |
| R2 | 179 | 80 | Shortness of breath, and easy to tire | droopy eyes |
| R3 | 180 | 70 | Shortness of breath, dizzy | Weak and droopy eyes |
| R4 | 189 | 90 | Dizziness, dizziness and fatigue | Weak and droopy eyes |
| R5 | 160 | 70 | The body feels heavy, dizzy and tired easily | Weak and droopy eyes |
| R6 | 179 | 80 | Shortness of breath and dizziness | Weak and droopy eyes |
| R7 | 180 | 75 | Shortness of breath, dizziness and nausea | Weak and droopy eyes |
| R8 | 179 | 75 | Nausea, dizziness and fatigue | Weak and droopy eyes |
| R9 | 160 | 70 | Shortness of breath, dizziness and fatigue | Weak and droopy eyes |
| R10 | 179 | 75 | Shortness of breath, dizziness and fatigue | Weak and droopy eyes |

Based on table 1, blood pressure before therapy R1 (Respondent 1) blood pressure was 160/70 mmHg, R2 blood pressure 179/80 mmHg, R3 blood pressure 180/70 mmHg, R4 blood pressure 189/90 mmHg, R5 blood pressure 160/70 mmHg, R6 blood pressure 179/80 mmHg, R7 blood pressure 180/75 mmHg, R8 blood pressure 179/75 mmHg, R9 blood pressure 160/70 mmHg, R10 blood pressure 179/75 mmHg.

**Table 2**
**Case study management results of respondents 1-10 on May 10 , 2023**

| Post | Systole | Diastole | DS | DO |
|---|---|---|---|---|
| R1 | 130 | 70 | The patient said he was relaxed. | The client appears calm |
| R2 | 130 | 75 | The patient said he was calmer | Happy client |
| R3 | 125 | 80 | The patient said he looked like he was smilin | Client is calm |
| R4 | 130 | 80 | The patient said he was calmer | The client appears calm |
| R5 | 120 | 70 | The patient said he was relaxed. | The patient appears relaxed |
| R6 | 125 | 70 | The patient said he was happy | The patient looks happy |
| R7 | 130 | 75 | The patient said he was relaxed. | The patient appears relaxed |
| R8 | 125 | 75 | The patient said he was happy | The patient looks happy |
| R9 | 130 | 80 | The patient said calm down | The patient appears calm |
| R10 | 120 | 70 | The patient said he was happy | The patient looks happy |

## Discussion

Based on the results of the study conducted on May 9, 2023 to May 11, 2023, the application of *deep breathing exercise* and religious music was given to respondent 1 aged 64 years with a history of hypertension since 8 years when he was 56 and respondent 2 aged 67 years with a history of hypertension since 10 years when he was 57 years old. Respondents 3-10 are elderly. Patients of Mranggen Health Center 1 who live in Mranggen village RT 05 RW 05, Mranggen district and in Tegal Mas Mranggen RW 03 RW 08, Mranggen district.

*Deep breathing exercise* therapy and religious music are not much different, because they can increase the ability of the respiratory muscles to meet the needs of the lungs, increase ventilation function and improve oxygenation (Sakti and Maria 2022) . Music therapy can cover up sounds and feelings of restlessness, balance waves in the brain where the brain enters alpha waves (8-12Hz), brain waves when someone experiences relaxation, affect human breathing, heart rate, pulse, and blood

pressure, reduce muscle tension, affect body temperature, increase endorphins, and regulate hormones (related to stress), and can reduce pain (Safitri, Juwita, and Apriyandi 2022) .

Before being given *deep breathing exercise* and religious music, blood pressure was measured. Then after *deep breathing exercise therapy* and religious music, blood pressure was measured again to determine whether there was a decrease in blood pressure before and after being given *deep breathing exercise therapy* and religious music. The actions given were deep breathing combined with religious music which aimed to lower blood pressure in elderly hypertensive patients.

Hypertension is one of the non-communicable diseases (NCDs) which is a serious health problem and needs to be watched out for where blood pressure increases above normal indicated by *systolic* (upper) and *diastolic* (lower) numbers with a blood pressure measuring device in the form of a mercury cuff ( *sphygmomanometer* ) or other digital devices when checking blood pressure or hypertension (Wahdah 2011) . Increased blood pressure in the arteries can occur in several ways, namely the heart pumps harder so that it flows more fluid every second, large arteries lose their flexibility and become stiff so that they cannot expand when the heart pumps blood through the arteries. Blood at each heartbeat is forced to pass through narrower vessels than usual. This is what happens to the elderly, where the artery walls thicken and stiffen due to *arteriosclerosis* (Triyanto 2014) . So that it can cause various diseases, namely ischemic heart disease and heart failure, stroke, kidney failure, peripheral vascular, retinopathy (Rampengan 2014) .

Elderly people who experience hypertension will experience symptoms such as pain in the back of the head, fatigue, blurred vision due to damage to the brain, eyes, and heart, and most of these hypertension patients have no symptoms (Tambunan et al. 2021) .

This is in accordance with the study conducted by the author on respondent 1, namely usually often tired, blurred vision with red eyes, shortness of breath with RR: 25 x / minute and dizziness with 160/70 mmHg. Hypertension sufferers experience headaches due to reduced oxygen supply, high blood pressure can cause decreased cardiac output due to the heart pumping harder this can cause a person to experience fatigue, high blood pressure for a long time causes the retinal blood vessels to thicken then limits blood to reach the retina which can trigger hypertensive retinopathy so that vision becomes blurry. Respondent 2 did not show symptoms of hypertension. Respondents 3-10 showed signs of hypertension.

Many elderly people ignore hypertension, they are not aware that this can endanger their condition. Factors that cause hypertension are smoking, lack of exercise, gender, obesity, sodium, age, diet and drinking patterns, and genetic factors (Marhabatsar and Sijid 2021) . This is in accordance with the study of respondents 1-10, namely blood pressure increases due to old age with hereditary factors, namely in respondent 2.

One of the non-pharmacological treatments is a combination of *deep breathing exercise therapy* and religious music. *Deep breathing exercise* therapy is abdominal breathing with a slow frequency and slowly, rhythmically, and comfortably by closing the eyes while breathing. The effect of this therapy is distraction or diversion of attention so that it can provide relaxation. While religious music therapy is a type of *alkaline music* , namely music with a slow rhythm that provides calm and has an impact on the body's physiology so that it affects a decrease in heart rate and blood pressure (Fitriyani and Sani 2021)

The case experienced by respondent 1, namely the client said that he had a history of hypertension for 8 years and had received amlodipine medication from the Mranggen 1 health center, the client said that no one in his family had a history of hypertension.

The case experienced by respondent 2 did not show any symptoms of hypertension. The client said that she had a history of hypertension since the age of 57 and had received amlodipine medication from the Mranggen 1 health center. The client said that her first child currently also has high blood pressure sometimes and her late husband also did. There is a relationship between family history because genetic factors influence the decline in hypertension, which causes family members to be able to suffer from hypertension (Marhabatsar and Sijid 2021) .

Respondent case 3 results of the assessment of Mranggen 1 health center patients on Tuesday at 11.00 WIB in Mranggen village RT 05 RW 05, Mranggen district by autoanamnesis, namely direct interviews with respondents. Respondent 3 is 61 years old and lives with his child. The patient has suffered from hypertension since 7 years ago and often shows symptoms such as shortness of breath, dizziness and fatigue. BP results: 180/70 mmHg, RR: 25 x/minute, N: 90x/minute, Temperature: 36.5 $^{0}$ c. The patient received amlodipine.

Case respondent 4 results of the first assessment of the patient of Mranggen 1 health center Tuesday at 12.00 WIB in Tegal Mas village Mranggen RT 03 RW 08 by *autoanamnesa* , namely direct interviews with respondents. Respondent 4 is 67 years old and lives with his child. The patient has suffered from hypertension since 9 years ago and his blood pressure is often high but rarely feels complaints. The patient takes amlodipine. BP results: 189/90 mmHg, RR: 19 x/minute, N: 89x/minute, Temperature: 37.0 $^0$c.

Respondent case 5 h the first assessment result of the Mranggen 1 health center patient Tuesday at 13.00 WIB in Mranggen village RT 05 RW 05 Mranggen district by autoanamnesis, namely direct interviews with respondents. Respondent 5 is 64 years old and lives with his wife and child. The patient has suffered from hypertension since 8 years ago and symptoms such as shortness of breath, dizziness and fatigue often appear. BP results: 160/70 mmHg, RR: 25 x/minute, N: 90x/minute, Temperature: 36.5 $^0$c. The patient received captopril.

Case respondent 6 results of the first assessment of the patient of Mranggen 1 health center Tuesday at 14.00 WIB in Tegal Mas village Mranggen RT 03 RW 08 by *autoanamnesa* , namely direct interviews with respondents. Respondent 6 is 67 years old and lives with his child. The patient has suffered from hypertension for the past 10 years and his blood pressure is often high but rarely feels complaints. The patient takes amlodipine. BP results: 179/80 mmHg, RR: 19 x/minute, N: 89x/minute, Temperature: 37.0 $^0$c.

Respondent case 7 h the first assessment result of the Mranggen 1 health center patient Tuesday at 15.00 WIB in Mranggen village RT 05 RW 05 Mranggen district by autoanamnesis, namely direct interviews with respondents. Respondent 1 is 64 years old and lives with his wife and child. The patient has suffered from hypertension since 7 years ago and often has symptoms such as shortness of breath, dizziness and fatigue. BP results: 180/75 mmHg, RR: 25 x/minute, N: 90x/minute, Temperature: 36.5 $^0$ c. The patient received amlodipine.

Case respondent 8 results of the first assessment of the patient of Mranggen 1 health center Tuesday at 10.00 WIB in Tegal Mas village Mranggen RT 03 RW 08 by *autoanamnesa* , namely direct interviews with respondents. Respondent 8 is 77 years old and lives with his child. The patient has suffered from hypertension for the past 10 years and his blood pressure is often high but rarely feels complaints. The patient takes amlodipine. BP results: 179/75 mmHg, RR: 19 x/minute, N: 89x/minute, Temperature: 37.0 $^0$c.

Respondent case 9 results of the first assessment of Mranggen 1 health center patients on Tuesday at 15.00 WIB in Mranggen village RT 05 RW 05, Mranggen district by autoanamnesis, namely direct interviews with respondents. Respondent 1 is 64 years old and lives with his wife and child. The patient has suffered from hypertension since 7.5 years ago and often has symptoms such as shortness of breath, dizziness and fatigue. BP results: 160/70 mmHg, RR: 25 x/minute, N: 90x/minute, Temperature: 36.5 $^0$ c. The patient received amlodipine.

Case of respondent 10, the results of the first assessment of the Mranggen 1 health center patient on Tuesday at 10:00 WIB in Tegal Mas Village, Mranggen RT 03 RW 08, by *autoanamnesa,* namely direct interviews with respondents. Respondent 10 is 71 years old and lives with his child. The patient has suffered from hypertension for the past 10 years and his blood pressure is often high but rarely feels complaints. The patient is taking amlodipine. BP results: 179/75 mmHg, RR: 19 x/minute, N: 89x/minute, Temperature: 37.1 $^0$c.

Based on the study of respondents 1-10, the author implemented it by providing a combination of deep breathing exercise and religious music for 3 consecutive days within 15 minutes. After the therapy, the respondents' blood pressure was measured with *a sphygmomanometer* . Before the combination of *deep breathing exercise and religious music was given, the blood pressure of respondent 1 was 160/70 mmHg and that of respondent 2 before the combination of deep breathing exercise and religious music* was given , the blood pressure was 179/80 mmHg.

After the combination of *deep breathing exercise* and religious music was given for 3 consecutive days within 15 minutes. In respondent 1, blood pressure of 160/70 mmHg became 130/70 mmHg, the client felt relaxed, calm and the client did not feel dizzy or tired but sometimes still short of breath. The same thing happened to respondent 2, blood pressure of 179/80 mmHg became 130/75 mmHg. Where the client is more relaxed and calm. Respondent 3 blood pressure 180/90 mmHg to 130/80mmHg, Respondent 4 blood pressure 160/70 mmHg to 130/80mmHg, Respondent 5 blood pressure 160/70 mmHg to 120/70mmHg, Respondent 6 blood pressure 179/80 mmHg to 125/70mmHg,

Respondent 7 blood pressure 180/70 mmHg to 130/75mmHg, Respondent 8 blood pressure 179/70 mmHg to 125/75 mmHg, Respondent 9 blood pressure 160/70 mmHg to 130/80mmHg Respondent 10 blood pressure 179/75 mmHg to 120/70mmHg.

According to Noor Fitriyani and Fakhrudin Nasrul Sani (2021), therapies that can be used to lower blood pressure in hypertension patients are *deep breathing exercises* and religious music . Which is a distraction or diversion of attention so as to provide peace that is carried out for 3 days. This therapy is used to improve the ability of the respiratory muscles to meet the needs of the lungs, improve ventilation function, improve oxygenation, provide peace, balance waves in the brain, reduce pain. Therefore, it is expected that the blood pressure of the elderly will decrease.

This is in accordance with research by Noor Fitriyani and Fakhrudin Nasrul Sani (2021) that the application of *deep breathing exercises* and religious music therapy can reduce the blood pressure of hypertensive patients from systolic pressure of 161.00 mmHg to 148.50 mmHg and diastolic pressure of 99.00 mmHg to 89.50 mmHHg.

Another study by Erlita Kundartiari and Sri Nur Hartiningsih. From this study, it has an effect on reducing blood pressure in the elderly suffering from hypertension with a decrease in blood pressure on the 3rd and 4th day of the study. Murottal therapy without deep breathing relaxation can also reduce blood pressure in the elderly with hypertension with a decrease in blood pressure on the 2nd and 4th day of the study. From this therapy, both those who were only given murottal and those who were given both therapies can reduce blood pressure in the elderly with hypertension (Kundartiari and Hartiningsih 2020) .

Another study by Susi Wijayanti and Emma Setiyo Wulan. From 25 patients, the average systolic blood pressure before deep breathing relaxation was 153.80 mmHg after therapy 142.56 mmHg and the average diastolic blood pressure before deep breathing relaxation was 94.40 mmHg while the average blood pressure after deep breathing relaxation was 84.80 mmHg, there was a significant effect between blood pressure before and after deep breathing relaxation techniques in hypertensive patients, namely p value 0.000 (p <0.000) (Wijayanti and Setiyo 2017) .

## CONCLUSION AND SUGGESTIONS

### Conclusion

The results of the case study of hypertension sufferers, some symptoms are visible and some are not. From all respondents 1-10 showed that all respondents showed a decrease in blood pressure and complaints of dizziness, fatigue, blurred vision, and shortness of breath disappeared. This shows that giving a combination of *Deep Breathing Exercise* and Religious Music can lower blood pressure in elderly hypertensives.

### Suggestion

The author hopes that health workers and respondents can use deep breathing exercise therapy and religious music as an alternative to lowering blood pressure . In the next institution or researcher, they can develop study subjects with different data collection techniques.

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