

**PENGARUH *SELF HEALING* DENGAN METODE *DEEP BREATHING*
DAN AFIRMASI POSITIF TERHADAP RERATA PENURUNAN
TEKANAN DARAH PADA PASIEN HIPERTENSI ESENSIAL
DI KABUPATEN KULON PROGO TAHUN 2015**

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ABSTRAK

Latar Belakang: *Complementary and Alternative Medicine* merupakan salah satu strategi penatalaksanaan non-farmakologi. Salah satu konsepnya dikenal dengan istilah *self-healing*. *Deep breathing* dan afirmasi positif merupakan metode *self-healing* yang paling sederhana, lebih mudah diaplikasikan secara mandiri, praktis untuk dilakukan setiap saat, tidak memerlukan instruktur dan tempat khusus yang kondusif sehingga relevan diterapkan pada pasien dengan status sosial ekonomi menengah ke bawah. Oleh karena itu, penelitian ini dilakukan untuk membandingkan pengaruh kedua metode tersebut terhadap penurunan tekanan darah pada pasien hipertensi esensial di Kabupaten Kulon Progo.

Metode: Penelitian ini merupakan penelitian eksperimental analitik dengan rancangan eksperimen terkontrol acak. Melibatkan 96 pasien hipertensi esensial yang dibagi secara acak ke dalam dua kelompok intervensi yaitu *deep breathing* dan afirmasi positif. Kelompok DB diminta untuk melakukan pernafasan perut selama kurang lebih 10 menit, sedangkan kelompok AP diminta untuk mengucapkan salah satu kalimat afirmasi positif yang telah ditentukan secara berulang-ulang dan ritmis di dalam hati selama kurang lebih 10 menit. Pengukuran tekanan darah dilakukan sebelum, segera setelah, dan 15 menit setelah intervensi. Perbedaan rerata tekanan darah diuji menggunakan *paired t-test* dan *unpaired t-test* sedangkan kekuatan efek size diuji dengan *logistic regression*.

Hasil: *Deep breathing* dan afirmasi positif dapat menurunkan tekanan darah sistolik ($11,9 \pm 10,9$ dan $13,6 \pm 10,5$) dan diastolik ($8,3 \pm 8,4$ dan $6,0 \pm 8,6$) pada pasien hipertensi esensial (p value 0,000). Rerata tekanan darah pada pengukuran post1 dan post2 tidak berbeda (CI 95%:0,06-4,91). Penurunan tekanan darah pada kedua kelompok tidak berbeda (p value>0,1).

Kesimpulan: Efektivitas *deep breathing* dan afirmasi positif dalam menurunkan tekanan darah adalah sama. Penurunan tekanan darah kedua metode tersebut stabil hingga 15 menit setelah intervensi. Oleh karena itu, perlu diagendakan kegiatan relaksasi rutin untuk pasien hipertensi minimal pada kelompok pasien yang sudah terorganisir seperti Kelompok Hipertensi Prolanis di Puskesmas.

Kata Kunci: Hipertensi, *deep breathing*, afirmasi positif, RCT.

EFFECT OF DEEP BREATHING AND POSTIVE AFFIRMATION ON BLOOD PRESSURE IN ESSENTIAL HYPERTENSION

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ABSTRACT

Background: *Complementary and Alternative Medicine* is a non-pharmacology management strategy. One of it's concepts is called self-healing. Deep breathing and positive affirmation are the simplest self-healing method, both of them are easier to be applicated independently, very practical to be done every time, they don't need a special instructor or a special conducive place and also relevant to be applicated to a certain community group with middle to low socio-economic status. Therefore this research is aimed to compare the effect of self-healing with deep breathing and positive affirmation method in reducing the blood pressure in essential hypertension patients in Kulon Progo Regency.

Methods: This is an experimental analytic study with randomized controlled trial design. Ninety six essential hypertension patients were taken using the accidental sampling technique divided randomly into two intervention group, those are deep breathing and positive affirmation group. Deep breathing group were asked to do the abdominal breathing for about 10 minutes and positive affirmation group were asked to pronounce the positive affirmation sentences in their heart rhythmically (not too fast not too slow) over and over again) for about 10 minutes in relaxed floor sitting with straightened back position. Blood pressure measurement was conducted in pre, immediately, and 15 minutes after intervention. Statistical test was done using χ^2 test, paired t-test, unpaired t-test, and logistic regression with $\alpha = 0,05$.

Results: Deep breathing and positive affirmation were statistically (p value 0,0000) significant decrease the systolic ($11,9 \pm 10,9$ and $13,6 \pm 10,5$) and diastolic ($8,3 \pm 8,4$ and $6,0 \pm 8,6$) blood pressure in essential hypertension. The mean of the blood pressure in post1 and post2 measurement is not significantly different (CI 95%:0,06-4,91). Decrease in blood pressure between deep breathing and positive affirmation group is not significantly different (p value $> 0,1$).

Conclusion: Deep breathing and positive affirmation are equally effective in lowering blood pressure and stable until 15 minutes after the intervention. Therefore, a routine relaxation activity need to be scheduled for the hypertension patients, at least to the organized patients group like "*Klub Hipertensi Prolanis*" (Chronic Disease Management Program for Hypertension Group).

Keywords: Hypertension, deep breathing, positive affirmation, RCT.