

Research/Review

Application of Deep Breathing Relaxation Techniques Accompanied by Mozart's Classical Music to Reduce Anxiety Disorders in Elderly Hypertensive Patients

(Sambongpari Community Health Center, Tasikmalaya City)

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Abstract: One of the most common diseases suffered in Tasikmalaya City is hypertension, which is especially common in the Sambongpari Health Center service area. One of the psychological impacts on the elderly who have a history of hypertension is anxiety disorders that affect the quality of life. Deep breathing exercises and Mozart classical music therapy are two non-pharmacological methods that can be used to reduce anxiety. The purpose of this study was to determine the description of the application of deep breathing relaxation techniques accompanied by Mozart classical music in reducing anxiety in elderly hypertensive patients. Hypertension is a chronic condition known as a silent killer that can cause serious consequences including heart failure, stroke, and kidney disease without symptoms. Anxiety is a change in condition felt by a person that can cause fear and anxiety caused by internal and external threats. The study used a descriptive case study approach with two elderly subjects who had hypertension accompanied by anxiety disorders. The intervention was carried out for five days in the Sambongpari Health Center work area of Tasikmalaya City. Measurement of anxiety scores before and after the intervention, observation, and interviews were used to collect data. Based on the results, the anxiety scores of both clients decreased after receiving regular deep breathing relaxation exercises while listening to Mozart classical music. Based on the research results, elderly with a history of hypertension can effectively reduce their anxiety levels by combining deep breathing relaxation techniques with Mozart's classical music. This intervention is an effective non-pharmacological therapy option to reduce anxiety.

Keywords: Anxiety; Deep Breathing Relaxation; Elderly; Hypertension; Mozart's Classical Music.

1. Introduction

High blood pressure (hypertension) is a condition where the systolic blood pressure is greater than 140 mmHg and the diastolic blood pressure is greater than 90 mmHg (Arisandi et al., 2022). Hypertension can cause ongoing symptoms in certain organs, such as stroke in the brain and coronary heart disease in the heart's blood vessels. Blood pressure typically increases gradually with age. 65.4% of cases are found in the elderly (over 60 years old) without symptoms. It is also known as the silent killer. Hypertension is also a long-term chronic disease that requires preventive behaviors to prevent further impacts (Dafriani et al., 2023).

According to the Tasikmalaya City Central Statistics Agency (2023), the number of hypertension sufferers in Tasikmalaya City reached 40,227, making hypertension the third most common of the 10 most common diseases in the city. According to data from the Tasikmalaya City Health Office in 2024, one of the community health centers with hypertension cases was the Sambongpari Community Health Center, which had 12,821 registered cases of hypertension, with 6,414 men and 6,407 women, totaling 12,821 cases (Azahra, 2024).

Hypertension in the elderly increases because with age, blood vessels tend to become stiffer and their elasticity decreases, leading to increased blood pressure (Morika, 2019). One of the psychological impacts of hypertension in the elderly is anxiety, a mental condition that

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causes sufferers to experience very high levels of anxiety accompanied by several signs and symptoms such as behavioral changes, restlessness, a feeling of meaninglessness in life, a reluctance to socialize, discomfort, and difficulty concentrating (Fitrianti et al., 2024).

Anxiety in the elderly with hypertension can accelerate complications such as stroke, heart and kidney failure, and even lead to death. This is what makes elderly hypertensive patients anxious about their condition. Therefore, early prevention efforts are needed to prevent hypertension from causing new problems (Widodo, 2018).

Several non-pharmacological methods for managing anxiety include relaxation techniques that include deep breathing and self-healing techniques. One effective self-healing technique for reducing anxiety in people with hypertension is Mozart's classical music (Yunda et al., 2023). The deep breathing relaxation technique accompanied by Mozart's classical music is a combination of breathing and focus techniques designed to help relieve stress and maintain a sense of calm by disengaging the mind from all anxiety-provoking factors. Mozart's classical music also has a calming effect, and the sound of music has an impact on health and awareness (Maharani et al., 2022).

2. Preliminaries or Related Work or Literature Review

This section must contain a state-of-the-art explanation. It can be explained in several ways. First, you can discuss several related papers, both about objects, methods, and their results. From there, you can explain and emphasize gaps or differences between your research and previous research. The second way is to combine theory with related literature and explain each theory in one sub-chapter.

Hypertension

Hypertension, or high blood pressure, is a chronic condition in which the blood pressure on the artery walls is persistently elevated. According to the World Health Organization (WHO, 2023), a person is considered to have hypertension if their systolic blood pressure is ≥ 140 mmHg and/or their diastolic blood pressure is ≥ 90 mmHg, based on repeated measurements. Hypertension is known as the silent killer because it often causes no obvious symptoms but can lead to serious complications such as heart disease, stroke, and kidney failure.

According to the Eighth Joint National Committee (JNC 8) and the Indonesian Cardiovascular Specialist Association (PERKI, 2021), the classification of hypertension is as follows:

Table 1. Classification of Hypertension.

Category	Systolic Blood Pressure (mmHg)	Diastolic Blood Pressure (mmHg)
Normal	< 120	< 80
Prehypertension	120 - 139	80 - 89
Grade 1 Hypertension	140 - 159	90 - 99
Grade 2 Hypertension	≥ 160	≥ 100

Sumber : PERKI, (2021).

Hypertension is divided into two types based on its cause:

1. Essential (Primary) Hypertension:
The specific cause is unknown, but it is related to genetic factors, lifestyle, and age.
2. Secondary Hypertension:
Caused by other diseases such as kidney disorders, endocrine disorders, or the use of certain medications.

Risk factors for hypertension include:

1. Age >40 years
2. Obesity
3. Excessive salt consumption
4. Lack of physical activity
5. Stress
6. Alcohol and smoking consumption
7. Family history of hypertension

Most people with hypertension are asymptomatic. However, very high blood pressure can cause:

1. Headaches (especially in the back of the head)
2. Dizziness
3. Blurred vision
4. Fatigue
5. Epistaxis (nosebleeds)
6. Chest pain or shortness of breath (in heart complications)

If left uncontrolled, hypertension can cause target organ damage, such as:

1. Brain: stroke, hypertensive encephalopathy
2. Heart: heart failure, coronary heart disease
3. Kidney: hypertensive nephropathy
4. Eye: hypertensive retinopathy

Hypertension management includes non-pharmacological and pharmacological approaches:

1. Non-pharmacological :
 - a. Weight loss
 - b. Reducing salt intake (<5 grams/day)
 - c. Cease smoking and alcohol consumption
 - d. Regular physical activity (30 minutes/day)
 - e. Diet high in fruits and vegetables (DASH diet)
2. Pharmacological:
 - a. Diuretics (e.g., hydrochlorothiazide)
 - b. ACE inhibitors (e.g., captopril)
 - c. ARBs (e.g., losartan)
 - d. Beta blockers (e.g., bisoprolol)
 - e. Calcium channel blockers (e.g., amlodipine)

According to the Indonesian Ministry of Health (2022), hypertension prevention efforts can be achieved by:

1. Eating a healthy and balanced diet
2. Avoiding stress
3. Regularly checking blood pressure
4. Maintaining an ideal body weight
5. Reducing salt and saturated fat consumption

Elderly

According to Law of the Republic of Indonesia Number 13 of 1998 concerning the Welfare of the Elderly, an elderly person is defined as someone who has reached the age of 60 years and above. Meanwhile, according to the World Health Organization (WHO, 2022), an elderly person is an individual aged 60 years or older who experiences biological, physiological, psychological, and social aging.

The aging process is a natural process characterized by a gradual and unavoidable decline in organ function. However, aging is not a disease, but a natural state experienced by every individual.

According to the Indonesian Ministry of Health (2021) and the WHO, the elderly are classified as follows:

Table 2. The Elderly Classified.

Category	Age (Years)	Description
Pre-Eldery	45 - 69	Preparatory period for becoming elderly
Young Elderly	60 - 69	Still relatively productive
Middle Elderly	70 - 79	Beginning to experience decline in bodily functions
Old Elderly	≥ 80	Requires special attention and assistance

Source : The Indonesian Ministry of Health (2021).

Aging is a biological process involving structural and functional changes in the human body. According to Maryam et al. (2018), the aging process includes:

1. Physiological changes, such as decreased muscle strength, skin elasticity, vision, and hearing.
2. Psychological changes, including emotional changes, anxiety, depression, and loneliness.
3. Social changes, such as reduced social roles, retirement, and reduced family support.

According to Henderson's theory (in Potter & Perry, 2019), basic human needs also apply to the elderly, but with a special approach. The needs of the elderly include:

1. Biological needs: balanced nutrition, adequate rest, and light physical activity.
2. Psychological needs: love, appreciation, and security.
3. Social needs: social interaction and family support.
4. Spiritual needs: worship and the meaning of life.

According to the Indonesian Ministry of Health (2022), the welfare of the elderly can be improved through:

1. Promotive: education about healthy lifestyles, light exercise, and routine health check-ups.
2. Preventive: early detection of degenerative diseases, immunization for the elderly, and mental health counseling.
3. Curative: treatment of chronic diseases and monitoring of health conditions.
4. Rehabilitative: restoration of physical and social functions so that the elderly remain independent.

In addition, the Posyandu Lansia program provides health and social services for the elderly in the community, including blood pressure and weight checks, and health education.

Anxiety

Anxiety is an emotional response that arises when someone feels threatened by something unclear or unknown. According to Stuart (2016), anxiety is a subjective response to stress characterized by feelings of discomfort, worry, or apprehension about an upcoming event.

Meanwhile, according to Kaplan & Sadock (2015), anxiety is an emotional state characterized by feelings of tension, apprehension, and worry, accompanied by physiological symptoms such as increased heart rate, rapid breathing, and increased blood pressure. Anxiety differs from fear. Fear usually arises from a real and specific threat, while anxiety is more vague and stems from a perceived psychological threat.

According to the American Psychiatric Association (APA, 2022) in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR), anxiety disorders are divided into several types, namely:

1. Generalized Anxiety Disorder (GAD): excessive and persistent anxiety about various things.
2. Panic Disorder: the sudden onset of panic attacks accompanied by physical symptoms such as heart palpitations, shortness of breath, or dizziness.
3. Social Anxiety Disorder: excessive fear of social situations.
4. Specific Phobia: fear of specific objects or situations.

Obsessive-Compulsive Disorder (OCD) and Post-Traumatic Stress Disorder (PTSD) were previously anxiety disorders, but are now categorized separately in the DSM-5.

According to Videbeck (2017) and Stuart (2016), factors that influence anxiety include:

1. Biological factors: neurotransmitter imbalances and genetics.
2. Psychological factors: parenting styles, personality, and traumatic experiences.
3. Social factors: work pressure, family conflict, and social environment.
4. Situational factors: new or challenging situations, such as exams, surgery, or the loss of a loved one.

Anxiety symptoms can be physical, emotional, and cognitive:

1. Physical: heart palpitations, rapid breathing, trembling, excessive sweating, chest pain.
2. Emotional: irritability, fear, feelings of insecurity.
3. Cognitive: negative thoughts, difficulty concentrating, excessive worry.

(Kaplan & Sadock, 2015; Stuart, 2016)

Uncontrolled anxiety can have various impacts:

1. Short-term: sleep disturbances, fatigue, decreased concentration.
2. Long-term: psychosomatic disorders (hypertension, ulcers, chronic headaches), depression, and decreased productivity.

(Videbeck, 2017)

Deep Breathing Relaxation

Deep breathing relaxation is a simple relaxation technique that aims to reduce physical and psychological tension through slow, deep, and regular breathing patterns. According to Potter & Perry (2019), deep breathing relaxation is an effective non-pharmacological technique for reducing stress, anxiety, and pain by stimulating the parasympathetic nervous system, resulting in a relaxed state. According to Smeltzer & Bare (2010), this technique helps increase oxygen exchange, slow the heart rate, and lower blood pressure.

The main goals of deep breathing relaxation techniques are to:

1. Reduce muscle tension and psychological stress.
2. Reduce anxiety, especially in patients before medical procedures or surgery.
3. Improve pulmonary ventilation and gas exchange.
4. Promote a sense of comfort and relaxation.
5. Help control emotions and concentration.

(Potter & Perry, 2019; Stuart, 2016)

According to Stuart (2016) and Maryam et al. (2018), the basic principles of deep breathing relaxation include:

1. Body positioning: a comfortable sitting or lying position.
2. Focus on the breath: inhale deeply through the nose for 4 seconds, hold for 2–3 seconds, then exhale slowly through the mouth for 6–8 seconds.
3. Concentration: focus the mind on the breathing process to distract from stress or pain.
4. Quiet environment: a calm atmosphere supports optimal relaxation.

Physiologically, this technique works by stimulating the vagus nerve, which activates the parasympathetic nervous system, resulting in:

1. Decreased respiratory rate and heart rate.
2. Decreased blood pressure.
3. Decreased activity of stress hormones (cortisol and adrenaline).
4. Increased tissue oxygenation and perfusion.

(Guyton & Hall, 2016; Varvogli & Darviri, 2011)

Mozart's Classical Music

Classical music is a form of music that developed in Europe between the 17th and early 19th centuries. According to Grout & Palisca (2001), classical music is characterized by structural balance, clear harmony, and regular musical forms such as the sonata, symphony, and concerto.

Classical music differs from popular or traditional music by its high harmonic and structural complexity and emphasis on formal compositional techniques. Wolfgang Amadeus Mozart (1756–1791) was one of the great composers of the Classical period. Born in Salzburg, Austria, he was known as a child prodigy because he began playing and composing music at the age of five. According to Sadie (2006), Mozart produced over 600 musical works spanning various genres such as symphonies, concertos, sonatas, operas, and chamber music. His works reflect the perfection of classical musical forms: balance, melodic beauty, and emotional depth.

According to Rosen (1997) and Plantinga (1984), Mozart's musical style has the following characteristics:

1. Structural clarity: follows classical musical forms such as sonata-allegro, rondo, and minuet.
2. Balance and symmetry: there is a balance between melody, harmony, and rhythm.
3. Expressive melody: simple yet beautiful and memorable.
4. Dynamic contrast: the use of contrasting tempo and dynamic variations to express emotion.
5. Elegant harmony: Mozart often uses soft, harmonious chord progressions, creating a sense of calm and grace.

Mozart wrote in a variety of musical genres, including:

1. Symphony: Symphony No. 40 in G Minor, K. 550 and Symphony No. 41 in C Major ("Jupiter"), K. 551
2. Opera: The Marriage of Figaro (Le Nozze di Figaro), Don Giovanni, and The Magic Flute (Die Zauberflöte)

3. Concerto: Piano Concerto No. 21 in C Major, K. 467
4. Chamber Music: Eine kleine Nachtmusik (A Little Night Music)
5. Religious Work: Requiem Mass in D Minor, K. 626 (completed after his death by his student, Franz Süssmayr)

These works reflect Mozart's melodic beauty, harmonic balance, and ability to express a wide range of emotions with subtlety and depth.

3. Materials and Method

This research was conducted using a qualitative design with a descriptive case study approach. The study used deep breathing relaxation techniques accompanied by Mozart classical music to examine the psychosocial disorder: anxiety in elderly patients with hypertension.

The subjects of this study were two individuals who will be managed in detail and in-depth. They are characterized by psychosocial disorders: anxiety, a history of hypertension, cooperativeness, and a high level of cooperation (over 60 years old) with moderate anxiety levels.

This case study will be conducted at the Sambongpari Community Health Center in Tasikmalaya City. The study will be conducted from March 17-29, 2025, and will continue from April 6-26, 2025, with data collection through the provision of nursing care over a five-day period. In this study, data collection techniques include interviews (interview sources include clients. The data obtained are client identity, predisposing factors, precipitating factors, genograms, self-concept, social relationships, spirituality, concentration and numeracy levels, assessment abilities, daily living activities, coping mechanisms, psychosocial and environmental problems), observation (Observation is a systematic process that records patterns of human behavior, objects, and events without asking or talking to the subject. This process turns facts into data. Paying attention accurately, recording the phenomena that occur, and considering how each aspect of the phenomenon relates to one another) and documentation studies (Documentation studies are a way of collecting information sourced from written materials issued by the research object institution, which in this case is the Sambongpari Community Health Center, Tasikmalaya City).

4. Results and Discussion

This case study was conducted by visiting the homes of two clients with anxiety disorders. The first client resided in Sukasari Village, RT 05/RW 05, Sambongjaya Sub-district, Mangkubumi District, Tasikmalaya City. The second client resided in Sambonghilir Village, RT 03/RW 05, Sambongjaya Sub-district, Mangkubumi District, Tasikmalaya City. The study was conducted over five days, from April 12-17, 2025.

Table 3. Overview of the Stages of the Nursing Process.

Client Data		Client 1	Client 2
Name:		Mrs. O	Mrs. A
Age:		65 Years Old	63 Years Old
Address:		Kp. Sukasari RT 05/RW 05, Kel. Sambongjaya, Mangkubumi, Tasikmalaya	Kp. Sambonghilir RT 03/RW 05, Kel. Sambongjaya, Mangkubumi, Kota Tasikmalaya
Sex:		Woman	Woman
Work :		Housewife	Housewife
Education:		Elementary School	Elementary School
Status:		Married	Married
Religion:		Islam	Islam
Live with:		Husband	Husband
Medical Diagnosis:		Hypertension	Hypertension
Nursing Diagnosis:		Anxiety	Anxiety
Duration:		1 years	1 years
Take medication regularly		Regularly take hypertension medication	Regularly take hypertension medication

After conducting an assessment on the first day of the two clients, differences in their characteristics were found, namely age, with Client 1 being 65 years old and Client 2 being 63 years old.

Overview of the Management of the Deep Breathing Relaxation Technique Accompanied by Mozart's Classical Music

The management in this study involved the application of deep breathing relaxation techniques and Mozart's classical music therapy, which served as introductory music to the relaxation technique for the same anxiety problem, in accordance with established standard operating procedures. The clients' ability to apply the deep breathing relaxation technique accompanied by Mozart's classical music is shown in the following table:

Table 4. Standard Operating Procedures for Implementation.

No.	Work Stage	Implementation date									
		Client 1					Client 2				
		12	14	15	16	17	12	14	15	16	17
1.	Prepare Mozart's classical music to be played and ensure the music volume is comfortable for the client using the headset.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2.	Play Mozart classical music then instruct the client to close their eyes and inhale through their nose, so that the lung cavity is filled with air then hold for 3 seconds.	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓
3.	Regulate your breath slowly through your mouth, when exhaling position your mouth as if whistling.	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓
4.	Open your eyes slowly	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5.	Ask the client to breathe at a normal rhythm for a few moments (1-2 minutes)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6.	Repeat deep breathing exercises accompanied by Mozart classical music for 5 minutes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Source: Primary Research Data Processed by Researchers (2025).

The table above shows differences in the results of the interventions. On days 1 and 2, Client 1's performance was still poor, but on day 3, he was able to perform the interventions well. Meanwhile, Client 2 was able to perform the interventions well.

Table 5. Daily Observation Sheet.

No.	Date	Deep breathing relaxation therapy accompanied by Mozart's classical music		Deep breathing relaxation therapy accompanied by Mozart's classical music	
		Patient 1		Patient 2	
		Yes	No	Yes	No
1.	Saturday, 12 April 2025	✓		✓	
2.	Monday, 14 April 2025	✓		✓	
3.	Tuesday, 15 April 2025	✓		✓	
4.	Wednesday, 16 April 2025	✓		✓	
5.	Thursday, 17 April 2025	✓		✓	

Source: Primary Research Data Processed by Researchers (2025).

Based on the table above, the description of the application of deep breathing relaxation techniques accompanied by Mozart's classical music shows that both clients were able to carry out deep breathing relaxation techniques accompanied by Mozart's classical music in accordance with the techniques taught by the researcher and the availability of time that had been agreed upon.

Table 6. Scores before and after applying the deep breathing relaxation technique accompanied by Mozart's classical music.

No.	Signs and symptoms	Implementation date									
		Client 1					Client 2				
		1 2	1 4	1 5	1 6	1 7	1 2	1 4	1 5	1 6	1 7
	Cognitive (thoughts)										
a.	Impaired concentration	✓	✓	✓	✓		✓	✓	✓	✓	
b.	Confusion	✓	✓	✓	✓	✓	✓	✓	✓		
c.	Fear of injury or death	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
d.	Doubt	✓	✓	✓	✓		✓	✓	✓		
e.	Fear of being alone	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	Affective/Emotional /Situational										
	Muscle stiffness	✓	✓	✓			✓	✓			
	Anxiety	✓	✓	✓	✓		✓	✓	✓		
	Nervousness						✓				
	Anxiousness	✓	✓	✓	✓		✓	✓	✓		
	Worry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Anxiety	✓	✓				✓	✓			
	Excessive fear and vigilance	✓	✓	✓				✓			
	Lack of self-confidence	✓	✓	✓	✓		✓	✓	✓	✓	
	Feelings of guilt	✓	✓				✓				
	Sadness and frequent crying	✓	✓	✓			✓	✓	✓	✓	
3	Physical										
	Increased blood pressure	✓					✓				
	Stomach discomfort	✓	✓	✓	✓	✓	✓	✓	✓		✓
	Pale/tense face	✓	✓	✓			✓	✓	✓	✓	✓

	Tremor/nervousness	✓	✓		✓		✓	✓			
	Increased pulse rate							✓			
	Start reaction	✓									
	Rapid speech	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Urinating more frequently than usual	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
i	Beware	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Total		2	2	1	1	8	2	2	1	9
			2	0	7	4		2	0	6	6

Source: Primary Research Data Processed by Researchers (2025).

Based on the data above, the results were obtained over a five-day period. Clients 1 and 2 experienced a decrease in symptoms. Several symptoms remained unchanged, including fear of injury and death, fear of being alone, anxiety, and more frequent urination than usual.

Respondent Characteristics

The assessment results for Clients 1 and 2, both female, revealed differences in characteristics, particularly in age. Both clients had the same nursing diagnosis of anxiety. The implementation strategy involved applying deep breathing relaxation techniques accompanied by Mozart's classical music, as planned. Nursing evaluations for both clients revealed a decrease in anxiety symptoms.

Overview of the Management of Deep Breathing Relaxation Techniques Accompanied by Mozart's Classical Music

The implementation of deep breathing relaxation techniques accompanied by Mozart's classical music begins with establishing a trusting relationship with the client. This trusting relationship is essential for creating a sense of safety and comfort during interactions. This process begins with a therapeutic greeting, handshake, self-introduction, explanation of the purpose of the interaction, and a contract for the time and location of the session. The client is then assisted in recognizing and understanding their anxiety, identifying and communicating their feelings, identifying the causes of their anxiety, and recognizing behaviors that arise as a result of their anxiety. Based on the results of the daily observation sheets, it was found that the client consistently implemented both therapies according to the standard operating procedures. This involved preparing classical Mozart music to be played and ensuring the volume was comfortable for the client using a headset. Then, turn on the classical Mozart music and instruct the client to close their eyes and inhale through their nose to fill their lungs with air. Hold the breath for 3 seconds. The client then regulates their breath slowly through their mouth. When exhaling, position their mouth as if whistling while keeping their eyes open. Ask the client to breathe normally for 1-2 minutes. Then, instruct the client to repeat the deep breathing exercise accompanied by classical Mozart music for 5 minutes.

The implementation of the deep breathing relaxation technique accompanied by classical Mozart music was influenced by one factor, namely age, due to the age difference between Client 1 and Client 2. Client 1 was older, making it less effective on the first and second days in implementing the technique. However, by the third day, Client 1 was able to implement the technique effectively.

5. Comparison

The results of this study indicate that deep breathing relaxation techniques accompanied by Mozart's classical music, performed twice daily for 10-15 minutes, can provide a sense of calm and comfort in both clients. This also aligns with the opinion (Sandi, 2021) that deep breathing relaxation techniques aim to control breathing performance, increase muscle relaxation, relieve anxiety, eliminate useless respiratory muscle activity patterns, slow the respiratory rate, and reduce air trapping. Mozart's classical music therapy can stimulate the pituitary gland to release endorphins, which produce euphoric and sedative effects. These effects can ultimately reduce pain, stress, and blood pressure by distracting a person from the discomfort they are experiencing (Harfiza, 2021).

6. Conclusion

The implementation of the deep breathing relaxation technique accompanied by Mozart's classical music on both clients was carried out for 5 days of agreed meeting times

with the same results. After the implementation of the deep breathing relaxation technique accompanied by Mozart's classical music on the first client, 22 signs of symptoms were found and decreased to 8 signs of symptoms. Meanwhile, in the second client, 22 signs of symptoms were found and after therapy, they became 6 signs of symptoms.

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Funding: After the implementation of the deep breathing relaxation technique accompanied by Mozart's classical music on the first client, 22 signs of symptoms were found and decreased to 8 signs of symptoms. Meanwhile, in the second client, 22 signs of symptoms were found and after therapy, they became 6 signs of symptoms.

Data Availability Statement: The data presented in this study are available on request from the corresponding author.

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