

ABSTRAK
SEKOLAH TINGGI ILMU KESEHATAN (STIK)
BINA HUSADA PALEMBANG
PROGRAM STUDI KEPERAWATAN
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YANSA ARIFRANATA

Pengaruh Senam Hipertensi Terhadap Kondisi Tekanan Darah Pada Penderita Hipertensi Di UPTD Puskesmas Pengaringan.

(xvi + 67 halaman, 9 tabel, 24 gambar, 18 lampiran)

Berdasarkan data dari WHO bahwa hipertensi masuk peringkat pertama dalam 10 penyakit terbanyak. Pengendalian hipertensi bertujuan untuk mencegah dan menurunkan probabilitas kesakitan, komplikasi dan kematian. Penelitian ini bertujuan untuk mengetahui pengaruh senam hipertensi terhadap kondisi tekanan darah pada penderita hipertensi di UPTD Puskesmas Pengaringan Tahun 2024.

Metode penelitian yang digunakan analitik kuantitatif dengan pendekatan *desain pre experimental one group pre test-posttest*. Penelitian ini dilaksanakan di UPTD Puskesmas Pengaringan. Pada tanggal 12 Januari 2024 s/d 02 Februari 2024. Populasi dan sampel penelitian adalah penderita hipertensi di UPTD Puskesmas Pengaringan dengan jumlah sebanyak 20 responden teknik *purposive sampling*. Instrumen penelitian menggunakan lembar observasi, lembar rekapan tekanan darah dan lagu senam. Analisa data menggunakan analisis univariat dan analisis bivariat dengan menggunakan uji *t-test*.

Hasil penelitian dari 20 responden ini menunjukkan Rerata tekanan darah pada penderita hipertensi sebelum dilakukan senam hipertensi sebesar 164,75 dan rerata tekanan darah pada penderita hipertensi sesudah dilakukan senam hipertensi sebesar 137,00. Hasil uji *t-test* menunjukkan adanya pengaruh senam hipertensi terhadap tekanan darah penderita hipertensi ($p=0,005$), dengan perbedaan rata-rata skor sebesar 27,65.

Saran diharapkan kepada pihak Puskesmas agar dapat mengadakan senam hipertensi setiap bulan di UPTD Puskesmas Pengaringan sehingga menjadi salah satu kegiatan rutin dalam mengendalikan kondisi tekanan darah para penderita Hipertensi di wilayah kerja UPTD Puskesmas Pengaringan.

Daftar Pustaka : 25 (2012-2023)
Kata Kunci : Senam, Hipertensi, Tekanan, Darah

ABSTRACT

BINA HUSADA COLLEGE OF HEALTH SCIENCE

NURSING STUDY PROGRAM

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YANSA ARIFRANATA

The Influence of hypertension exercise on Blood Pressure Conditionn in Patients with Hypertension in the UPTD Pengaringan health centre.

(xvi + 69 pages, 9 tables, 24 picture, 8 attachments)

Based on data from WHO, hypertension is ranked first in the 10 most common diseases. Control of hypertension in the elderly aims to prevent and reduce the probability of illness, complications and death. This step can be grouped into a non-pharmacological approach, namely gymnastics. This study aims to determine the effect of hypertension exercise on blood pressure in the hypertension patient at the Pengaringan Health Center in 2024.

Research methode used a quantitative analysis with a pre-experimental one-group pre-test-posttest approach. This research was carried out in the Pengaringan Health Center. On January 12, 2024 to February 02, 2024. The research population and sample were hypertension patient in the Pengaringan Health Centre with total sample of 20 respondents using purposive sampling technique. The research instrument uses a observation sheet, blood pressure summary sheet, and exercise song. Data analysis used univariate analysis and bivariate analysis using the t-test .

Results of this study from 20 respondents showed that the average blood pressure in the hypertension patients who experience hypertension before the hypertension exercise was done is 164.75 and the average blood pressure in the hypertension patient who has hypertension after the hypertension exercise is 137.00. The result of the t-test There is an effect of elderly exercise on blood pressure in the elderly who have hypertension ($\rho = 0.005$), with an average difference of 27,65.

For the Pengaringan Health Center, it is hoped that it can develop policies to implement hypertension exercise for the hypertension patient as well as one of the activities of the Pengaringan Health Center.

References : 25 (2012-2023)

Keywords : Exercise, Hypertension, Blood, Pressure