

INTISARI

PENGARUH SENAM AEROBIK TERHADAP PERUBAHAN TEKANAN DARAH PADA PERKUMPULAN SENAM DI *REVOLUTION POWER MUSCLE (RPM) BODY FITNESS* MANAHAN

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LatarBelakang: Diperkirakan 15 juta orang di Indonesia mempunyai tekanan darah berlebih dan cenderung mengalami peningkatan, kecenderungan ini menyerang generasi muda yang masih produktif. Hasil survey pendahuluan pada tanggal 2 Februari 2015 di Perkumpulan Senam di *Revolution Power Muscle (RPM) Body Fitness* Manahan diperoleh data bulan Februari 2014 jumlah anggota yang mengikuti senam sebanyak 36 orang, dari jumlah tersebut umur rata-rata 25 tahun sampai dengan 45 tahun, ketika diadakan pengukuran tensi ternyata ada perubahan sebelum mereka melakukan senam dan sesudah mereka melakukan senam.

Tujuan: Mengetahui pengaruh senam *Aerobic* terhadap perubahan tekanan darah pada perkumpulan senam di *Revolution Power Muscle Body Fitnes* Manahan.

Metode: Penelitian ini merupakan jenis quasi eksperimen dengan rancangan *one group pre and post test desaign*. Populasi dalam penelitian ini adalah semua peserta senam aerobik di Perkumpulan Senam *RPM Body Fitness* Manahan, Surakarta sebanyak 36 orang, dan diambil semua untuk dijadikan sampel. Adapun alat analisis yang digunakan dengan *uji t-test*.

Hasil: (1) Mayoritas responden sebelum melakukan senam *aerobic* mempunyai tekanan darah tergolong optima optimal (<120/80 mmHg) yaitu sebanyak 11 orang (30,6%); (2) Mayoritas responden sesudah melakukan senam *aerobic* mempunyai tekanan darah tergolong normal (120-129/80-84 mmHg) sebanyak 16 orang (44,4%); (3) Terdapat pengaruh senam aerobik terhadap tekanan darah pada perkumpulan senam di *Revolution Power Muscle Body Fitnes* Manahan ($\rho_1 = 0,002$ dan $\rho_2 = 0,002$).

Simpulan: Terdapat pengaruh senam aerobik terhadap tekanan darah pada perkumpulan senam di *Revolution Power Muscle Body Fitnes* Manahan.

Kata kunci: Senam aerobik, tekanan darah, RPM

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ABSTRACT

THE EFFECT AEROBIC GYMNASTICS OF CHANGES IN SOCIETY GYMNASTICS BLOOD PRESSURE IN MUSCLE POWER REVOLUTION (RPM) BODY FITNESS MANAHAN

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Background: An estimated 15 million people in Indonesia have excessive blood pressure and tends to increase, this tendency to attack young people who are still productive. Preliminary survey results on February 2, 2015 at the Society of Gymnastics in Muscle Power Revolution (RPM) Body Fitness Manahan data obtained in February 2014 the number of members who follow gymnastics as many as 36 people, from the amount of an average age of 25 years to 45 years, when held tension measurement turns out there is a change before they do gymnastics and after they do gymnastics.

Objective: To determine the effect of Aerobic gymnastics to changes in blood pressure in association gymnastics at Revolution Power Muscle Body Fitness Manahan.

Methods: This study is a quasi-experimental design with one group pre and post test design. The population in this study were all participants in aerobics Gymnastics Association RPM Body Fitness Manahan, Solo as many as 36 people, and taken all to be sampled. The analysis tool used by t-test.

Results: (1) The majority of respondents before doing aerobic exercise has a relatively optimal blood pressure (<120/80 mmHg) as many as 11 people (30.6%); (2) The majority of respondents after doing aerobic exercises have relatively normal blood pressure (120-129 / 80-84 mmHg) as many as 16 people (44.4%); (3) There is the effect of aerobic exercise on blood pressure in association gymnastics at Revolution Power Muscle Body Fitness Manahan ($\rho_1 = 0.002$ and $\rho_2 = 0.002$).

Conclusion: There is the effect of aerobic exercise on blood pressure in association gymnastics at Revolution Power Muscle Body Fitness Manahan.

Keywords: Aerobic Gymnastics, blood pressure, RPM

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