

INTISARI

PENGARUH SENAM LANSIA TERHADAP PENURUNAN TEKANAN DARAH DI KELOMPOK LANSIA MARDI RAHAYU KABUPATEN WONOGIRI

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LatarBelakang: Hipertensi dapat terjadi dari berbagai faktor diantaranya yaitu gaya hidup dan pola makan. Studi pendahuluan dengan mewawancarai terhadap ketua kelompok Lansia Mardi Rahayu Wonogiri didapatkan masih banyak dari lansia sampai sekarang masih melakukan kegiatan senam tiap seminggu sekali dan tetap dilakukan di kelompok lansia tersebut, mereka menyadari pentingnya senam bagi kesehatan tubuh dan mempertahankan fungsi normal dari organ-organ tubuh. Sebagian dari anggota kelompok lansia tersebut adalah penderita hipertensi, hampir 50% dari anggota lansia tersebut adalah penderita hipertensi.

Tujuan: Mengetahui pengaruh senam lansia terhadap penurunan tekanan darah pada kelompok Lansia Mardi Rahayu Kabupaten Wonogiri.

Metode: Penelitian ini merupakan jenis quasi eksperimen dengan rancangan *one group pre and post test desaign*. Populasi dan sampel penelitian ini semua lansia di Kelompok Lansia Mardi Rahayu Wonogiri sebanyak 15 orang. Adapun alat analisis yang digunakan dengan *uji Paired Simple t-test*.

Hasil: (1) Mayoritas lansia sebelum melakukan senam mempunyai tekanan darah sistole tergolong pre hipertensi yaitu 5 orang (33,3%) dan tekanan darah diastole tergolong pre hipertensi tahap 1 yaitu 9 orang (60,0%); (2) Mayoritas lansia sesudah melakukan senam mempunyai tekanan darah sistole tergolong pre hipertensi yaitu sebanyak 7 orang (46,7%) dan tekanan darah diastole tergolong pre hipertensi yaitu sebanyak 8 orang (53,3%); (3) Terdapat pengaruh senam lansia terhadap tekanan darah di kelompok lansia Mardi Rahayu Kabupaten Wonogiri ($\rho_1 = 0,000$ dan $\rho_2 = 0,001$).

Simpulan: Terdapat pengaruh senam lansia terhadap penurunan tekanan darah di kelompok lansia Mardi Rahayu Kabupaten Wonogiri.

Kata kunci: Senam lansia, tekanan darah, lansia

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ABSTRACT

THE EFFECT GYMNASTICS OF LOWERING BLOOD PRESSURE ELDERLY IN GROUP OF ELDERLY MARDI RAHAYU DISTRICT WONOGIRI

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Background: Hypertension can occur from a variety of factors among which are lifestyle and diet. Preliminary study by interviewing for the Elderly group leader Mardi Rahayu Winton obtained many of the elderly are still conducting exercises once every week and is still being done in the elderly group, they realize the importance of exercise for health and maintain normal functioning of body organs. Most of the group members are elderly hypertensive patients, almost 50% of the elderly members are hypertensive.

Objective: To investigate the effect of exercise elderly to decrease blood pressure in the elderly group Mardi Rahayu Wonogiri.

Methods: This study is a quasi-experimental design with one group pre and post test design. Population and sample in this study all elderly Elderly Group Mardi Rahayu Winton many as 15 people. The analysis tool used by paired simple t-test.

Results: (1) The majority of the elderly before doing gymnastics has a systolic blood pressure classified as pre hypertension as 5 people (33.3%) and diastolic blood pressure classified as pre-hypertension stage 1 as 9 people (60.0%); (2) The majority of the elderly after doing gymnastics has a systolic blood pressure classified as pre hypertension as 7 people (46.7%) and diastolic blood pressure classified as pre-hypertension as 8 people (53.3%); (3) There is the effect of exercise on blood pressure in elderly elderly group Mardi Rahayu Wonogiri ($\rho_1 = 0.000$ and $\rho_2 = 0.001$).

Conclusion: There is the effect of exercise on blood pressure reduction elderly in the elderly group Mardi Rahayu Wonogiri.

Keywords: *Gymnastics elderly, blood pressure, elderly*

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