

INTISARI

EFEKTIFITAS JALAN SEHAT DAN TERAPI RELAKSASI OTOT PROGRESIF TERHADAP TINGKAT TEKANAN DARAH PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS BAKI KOTA SUKOHARJO

Beti Listiani¹, Indriyati, S.Kep., Ns., .M.Psi², FajarAlam P. S.Kep., Ns., MKM²
Mahasiswa Program Studi Keperawatan Universitas Sahid Surakarta
²Dosen Keperawatan Universitas Sahid Surakarta

Latar Belakang: Hipertensi merupakan suatu keadaan tekanan darah seseorang lebih dari normal dengan nilai sistolik >140 mmHg dan nilai diastolik >90 mmHg. Kasus penyakit tidak menular khususnya hipertensi pada tahun 2020 penderita hipertensi di wilayah puskesmas Baki sebanyak 592. Penatalaksanaan nonfarmakologis untuk penurunan tekanan darah dapat melakukan jalan sehat dan terapi relaksasi otot progresif.

Tujuan: Mengetahui perbedaan perlakuan jalan sehat dan terapi relaksasi otot progresif terhadap penurunan tekanan darah pada penderita hipertensi Di Wilayah Kerja Puskesmas Baki Kota Sukoharjo.

Metode: Kuantitatif analitik eksperimental menggunakan rancangan *true experimental* dengan *pretest-posttest with two group design*, sampel 32 responden yang terdiri atas 16 kelompok jalan sehat dan 16 kelompok relaksasi otot progresif dengan teknik *purposive sampling*.

Hasil: Berdasarkan hasil Uji Mann-Whitney diperoleh nilai *p value* 0,041 ($p < 0,05$) H_a diterima dan H_0 ditolak dapat diartikan ada perbedaan perlakuan jalan sehat dan terapi relaksasi otot progresif terhadap penurunan tekanan darah pada penderita hipertensi di Wilayah Kerja Puskesmas Baki Kota Sukoharjo.

Kesimpulan: Ada perbedaan perlakuan jalan sehat dan terapi relaksasi otot progresif terhadap penurunan tekanan darah pada penderita hipertensi di Wilayah Kerja Puskesmas Baki Kota Sukoharjo.

Kata Kunci : *Hipertensi, Jalan Sehat, Relaksasi Otot Progresif, Tekanan darah*

ABSTRACT

THE EFFECTIVENESS OF GREEN WALK AND PROGRESSIVE MUSCLE RELAXATION THERAPY ON BLOOD PRESSURE LEVEL IN HYPERTENSION PATIENTS AT PUBLIC HEALTH CENTER BAKI SUKOHARJO

Beti Listiani¹, Indriyati, S.Kep., Ns., M.Psi², FajarAlam P. S.Kep., Ns., MKM²
Student of Nursing Departement at Sahid Surakarta University
²Nursing Lecturer at Sahid University Surakarta

Background: Hypertension is a condition where a person's blood pressure exceeds normal with a systolic value > 140 mmHg and a diastolic value > 90 mmHg. The cases of non-communicable diseases, especially hypertension, in 2020 at the Baki public health centre were 592. Non-pharmacological management for lowering blood pressure can be done by healthy walking and progressive muscle relaxation therapy.

Objective: To determine the difference between healthy walking and progressive muscle relaxation therapy for reducing blood pressure in hypertension sufferers at the Baki public health centre, Sukoharjo.

Methods: The method used quantitative analytic experimental using a true experimental design with pretest-posttest with two group design. The number of samples is 32 respondents. It consists of 16 groups of healthy walking and 16 groups of progressive muscle relaxation with a purposive sampling technique.

Results: The Mann-Whitney test results show a p value of 0.041 ($p < 0.05$), so H_a is accepted, and H_o is rejected. It can be interpreted that there are differences in the treatment of healthy walking and progressive muscle relaxation therapy for reducing blood pressure in hypertension sufferers at the Baki public health centre, Sukoharjo.

Conclusion: There are differences in healthy walking and the treatment of progressive muscle relaxation therapy for reducing blood pressure in hypertension sufferers at the Baki public health centre, Sukoharjo.

Keywords: Hypertension, Healthy Walking, Progressive Muscle Relaxation, Blood Pressure

