

## INTISARI

### PENGARUH SENAM LANSIA DALAM MENURUNKAN TEKANAN DARAH PADA LANJUT USIA YANG MENGALAMI HIPERTENSI DI POSYANDU DESA SIMO BOYOLALI

Lukas Bangkit P.<sup>1)</sup>, Fajar Alam Putra<sup>2)</sup>, Anik Suwarni<sup>2)</sup>

**Latar belakang:** Orang lanjut usia sering kali mengeluhkan masalah kesehatannya, salah satu keluhan adalah tekanan darah yang tinggi atau yang disebut hipertensi. Senam lansia adalah salah satu cara pengobatan non farmakologik agar tekanan darah lansia dapat stabil.

**Tujuan :** mengetahui efektivitas senam lansia dalam menurunkan tekanan darah pada lanjut usia yang mengalami hipertensi di posyandu Anggrek Desa Simo Boyolali

**Metode:** Jenis penelitian adalah quasi eksperimen dengan rancangan penelitian pretest-posttest one group. Sampel penelitian adalah 45 lansia yang menderita hipertensi yang tercatat di posyandu Desa Simo Boyolali yang masuk dalam kriteria inklusi penelitian. Teknik sampling menggunakan *purposive sampling*. Instrumen penelitian terapi senam bugar lansia sebanyak 3 kali seminggu selama 2 minggu. Setiap terapi senam dilakukan selama 30 menit. Pengukuran tekanan darah dilakukan sebelum dilakukan senam dan hari terakhir sesudah responden senam. Analisis data menggunakan *Wilcoxon Signed Ranks Test*.

**Hasil:** Rata-rata tekanan darah sistolik responden sebelum dilakukan senam lansia sebesar 159,78 mmHg, dan tekanan darah diastolic 90.67 mmHg.

Rata-rata Tekanan darah sistolik responden setelah dilakukan senam lansia pada hari terapi keenam sebesar 145,56 mmHg, dan tekanan darah diastolik 85,11 mmHg. Hasil uji statistic *Wilcoxon Signed Ranks Test* diperoleh nilai  $p < 0,05$ .

**Simpulan :** Terdapat pengaruh senam lansia terhadap penurunan tekanan darah pada lansia dengan hipertensi di posyandu lansia Desa Simo Boyolali

Kata kunci: senam *lansia*, tekanan darah, lansia

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1) Mahasiswa Program Studi Keperawatan Universitas Sahid Surakarta

2) Dosen Program Studi Keperawatan Universitas Sahid Surakarta

## ABSTRACT

### THE EFFECT OF ELDERLY EXERCISE IN REDUCING BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION AT POSYANDU SIMO BOYOLALI

Lukas Bangkit P.<sup>1)</sup>, Fajar Alam Putra<sup>2)</sup>, Anik Suwarni<sup>2)</sup>

**Introduction:** Elderly people often complain of health problems such as high blood pressure or hypertension. Elderly exercise is one of the non-pharmacological treatment methods to stabilise the elderly's blood pressure.

**Objective:** To determine the effectiveness of elderly exercise in reducing blood pressure in the elderly with hypertension at the Posyandu (health integrated centre) Anggrek Simo Boyolali.

**Methods:** This type of research is a quasi-experimental design with one group pretest-posttest. The research sample was 45 elderly people with hypertension registered at the posyandu Simo Boyolali and included in the research inclusion criteria. The sampling technique used purposive sampling. The research instrument for fitness therapy for the elderly is 3 times a week for 2 weeks. Each exercise therapy was carried out for 30 minutes. Blood pressure measurements were carried out before the exercise and the last day after the respondent exercised. Data analysis using Wilcoxon Signed Ranks Test.

**Results:** The average systolic blood pressure of respondents before the elderly exercise was 159.78 mmHg, and diastolic blood pressure was 90.67 mmHg. The average systolic blood pressure of the respondents after elderly exercise on the sixth day of therapy was 145.56 mmHg, and diastolic blood pressure was 85.11 mmHg. The Wilcoxon Signed Ranks Test results obtained a p value <0.05.

**Conclusion:** There is an effect of elderly exercise on reducing blood pressure in the elderly with hypertension at the Posyandu for the elderly at Simo Boyolali.

**Keywords:** Elderly Exercise, Blood Pressure, Elderly

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1. Students of Nursing department of Sahid Surakarta University
  2. Lecturer of Nursing department of Sahid Surakarta University

