

INTISARI

PENGARUH SENAM LANSIA TERHADAP TEKANAN DARAH PADA LANSIA DENGAN HIPERTENSI DI POSYANDU LANSIA MELATI KARANGASEM SURAKARTA

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Latar belakang: Hipertensi adalah salah satu penyakit tidak menular yang dapat menyebabkan kematian. Hipertensi merupakan penyakit multifaktorial yang disebabkan oleh berbagai faktor interaksi. Peningkatan usia akan menyebabkan beberapa perubahan fisiologis, pada usia lanjut terjadi peningkatan aktivitas simpatik dan resistensi perifer. Hipertensi pada lanjut usia sebagian besar merupakan hipertensi sistolik terisolasi (HTS), meningkatnya tekanan sistolik menyebabkan besarnya kemungkinan timbulnya kejadian stroke dan infark myocard bahkan walaupun tekanan diastoliknya dalam batas normal (*isolated systolic hypertension*).

Tujuan: untuk mendapatkan informasi yang mendalam tentang pengaruh senam lansia terhadap tekanan darah pada lansia dengan hipertensi.

Metode: Desain penelitian yang digunakan dalam penelitian ini adalah *one group pretest – post test* desain tanpa kelompok kontrol dimana desain penelitian ini termasuk dalam jenis penelitian *Quasi experimental*.

Hasil: Hasil penelitian diketahui rata-rata tekanan darah sistolik sebelum senam lansia sebesar 160 mmHg dan setelah senam rata-rata tekanan darah sistolik menjadi 155 mmHg. Sedangkan untuk tekanan darah diastol rata-rata sebelum senam 95 mmHg dan setelah senam rata-rata tekanan darah diastol menjadi 90 mmHg. Terdapat pengaruh senam lansia terhadap tekanan darah pada lansia dengan Hipertensi di Posyandu lansia melati Karangasem (sig. = 0,000)

Kesimpulan: terdapat pengaruh senam lansia terhadap tekanan darah pada lansia dengan hipertensi di posyandu lansia melati Karangasem Surakarta.

Kata Kunci: *Senam Lansia, Hipertensi*

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ABSTRACT

THE EFFECT OF ELDERLY EXERCISE ON BLOOD PRESSURE IN THE ELDERLY WITH HYPERTENSION AT THE ELDERLY POSYANDU MELATI KARANGASEM SURAKARTA

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Introduction: Hypertension is one of the non-communicable diseases that can cause death. Hypertension is a multifactorial disease caused by various interaction factors. Ageing will cause some physiological changes. In the elderly, there is an increase in sympathetic activity and peripheral resistance. Hypertension in the elderly is mostly isolated systolic hypertension (HTS). The increase in systolic pressure causes stroke and myocardial infarction even though the diastolic pressure is within normal limits (isolated systolic hypertension).

Objective: To obtain in-depth information about the effect of elderly exercise on blood pressure in the elderly with hypertension.

Methods: The research design was a one group pretest – post test design without a control group. This research design belongs to Quasi experimental research.

Results: The results show that the average systolic blood pressure before exercise for the elderly was 160 mmHg and the average systolic blood pressure was 155 mmHg after exercise. Meanwhile, the average diastolic blood pressure before exercise was 95 mmHg, and the average diastolic blood pressure was 90 mmHg after exercise. There is an effect of elderly exercise on blood pressure in the elderly with hypertension at the Posyandu (integrated health post) Melati Karangasem (sig. = 0.000). **Conclusion:** There is an effect of elderly exercise on blood pressure in the elderly with hypertension in the elderly posyandu Melati Karangasem Surakarta.

Keywords: Elderly Gymnastics, Hypertension

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