

LEMBAR KONSULTASI SKRIPSI / TA



FAKULTAS SAINS, TEKNOLOGI dan KESEHATAN UNIVERSITAS SAHID SURAKARTA

Jl. Adi Sucipto 154, Solo 57144, Indonesia
Telp. +62 - (0)271-743493, 743494, Fax. +62 - (0)271-742047

NAMA : Pada Nopris Pratama
NIM : 2019121006
PROGRAM STUDI : Ilmu Keperawatan
JUDUL SKRIPSI / TA : PENGARUH SENAM LANSIA TERHADAP TELANAN DARAH
PADA PENYAKIT HIPERTENSI DI POSYANDU MUSA INDAH
DESA REJOMULYO



KONSULTASI SKRIPSI / TA

NO	HARI/TANGGAL	DOSEN PEMBIMBING	BAB / HAL	URAIAN	TANDA TANGAN
1.	Selasa, 14/3	Indriyati	Bab I-	- fokuskan tujuan penelitian. - " manfaat penelitian. - lanjut Bab II & III.	
2.	Jumat, 9/6	Indriyati	Bab I-III	- dilengkapi sesuai saran.	
3.	Jumat, 16/6	Indriyati	Bab I-III	- Tambahkan jumlah sampel dan teknik sampel yg dipakai. - Lampiran dilengkapi - cek penulisan dan definisi operasional	
4.	Selasa, 31/10	Indriyati	Bab I-III	- Ace Ujian proposal.	

Lampiran 1

SURAT PERMOHONAN MENJADI RESPONEN

Kepada Yth Bapak/Ibu/Saudara/Saudari
Ditempat.

Dengan segala kerendahaan hati, perkenankanlah saya memohon bantuan untuk dapat mengisi kuesioner penelitian yang sedang saya lakukan dalam rangka menyusun skripsi dengan judul :”***Pengaruh Senam Lansia Terhadap Tingkat Tekanan Tarah Pada Penderita Hipertensi di Posyandu Pusa Indah Desa Rejomulyo***”.

Penelitian ini saya lakukan semata-mata untuk kepentingan ilmu pengetahuan, dan tidak memberikan konsekuensi atau akibat apapun bagi Bapak/Ibu/Saudara/Saudari, dan data yang telah diisikan saya jamin kerahasiaannya.

Atas perkenan dan kesediaannya sekalian saya mengucapkan banyak terima kasih, semoga amal baik Bapak/Ibu/Saudara/Saudari mendapatkan imbalan dari Allah Tuhan Yang Maha Kuasa.

Surakarta ... Maret 2024

Peneliti,

Redo Nopris Pratama
NIM : 2019121006

Lampiran 2

SURAT PERNYATAAN KESEDIAN MENJADI RESPONDEN

Yang bertanda tangan di bawah ini, saya :

Nama :

Alamat :

.....

Dengan ini menyatakan sesungguhnya bahwa saya telah mendapatkan penjelasan mengenai maksud pengumpulan data untuk penelitian tentang ***“Pengaruh Senam Lansia Terhadap Tingkat Tekanan Tarah Pada Penderita Hipertensi di Posyandu Pusa Indah Desa Rejomulyo ”***, untuk itu secara sukarela saya menyatakan bersedia menjadi responden peneitian tersebut.

Demikian pernyataan ini saya buat dengan sebenar-benarnya dan dengan penuh kesadaran tanpa paksaan.

Saya yang menyatakan,

(.....)



Sertifikat Kalibrasi

Calibration Certificate

NO: 579194

A. DATA ALAT

Instrument Identification

Nama : Tensimeter Aneroid
Name
Merk : ABN
Manufacturer
Tipe : Spectrum
Type
No. Seri : 390787
Serial Number
Ruangan : Poned
Room

B. IDENTITAS PELANGGAN

Customer Identification

Nama : Puskesmas Sragi
Name
Alamat : Jl. Srikaton, Kuala Sekampung, Kec. Sragi,
Address Kabupaten Lampung Selatan, Lampung

Diterbitkan Tanggal : 11 Juni 2024

Date of Issue

Kalibrasi Berikutnya : 02 Juni 2025

Next Calibration

Kepala Laboratorium Kalibrasi

Head Of Calibration Laboratory

PT. GLOBAL PROMEDIKA SERVICES



Novella L.A. Leediman S.Tr.Kes

- Tidak diperkenankan mengutip/menperbanyak sertifikat ini tanpa izin dari PT. Global Promedika Services.
- Sertifikat ini sah apabila telah ditubahi cap PT. Global Promedika Services dan telah ditandatangani oleh pejabat yang berwenang.
- Hasil kalibrasi ini hanya berlaku untuk alat yang tertera pada Sertifikat ini.
- This certificate shall not be reproduced except in full unless permission for the reproduction of an approved document has been obtained in writing from PT. Global Promedika Services.
- This certificate is valid if it has been approved and signed by authorized person.
- This result of calibration to be applied only for unit under test.

Halaman 1

HASIL PENGUKURAN TEKANAN DARAH

No	Nama (inisial)	Umur (tahun)	Jenis kelamin	Sebelum senam		Setelah senam	
				Sistole	Diastole	Sistole	Diastole
1	S	60	P	165	161	107	100
2	T	60	P	158	152	98	98
3	M	62	P	164	156	105	94
4	E	61	P	162	156	101	92
5	R	64	P	156	150	96	90
6	S	70	P	162	153	109	96
7	A	71	P	174	168	108	94
8	S	72	L	168	152	100	96
9	D	64	L	161	152	100	92
10	H	63	P	160	151	100	93
11	K	60	L	152	150	98	92
12	T	64	P	154	140	99	93
13	S	61	P	165	152	102	98
14	A	61	P	154	146	90	92
15	W	61	P	159	146	97	92
16	I	70	L	155	150	98	92
17	P	70	L	156	155	99	95
18	A	64	P	154	146	98	90
19	L	74	P	164	159	102	92
20	P	71	L	163	158	102	95
21	T	67	P	160	156	101	95
22	J	67	L	150	145	98	94
23	T	62	P	155	150	96	94
24	N	60	L	162	158	103	95
25	K	73	L	150	146	99	97
26	S	74	P	155	150	96	97
27	S	61	P	155	149	92	94
28	R	62	P	164	158	109	98
29	I	61	P	150	146	95	90
30	B	61	L	165	160	103	96
31	D	66	L	163	158	103	96
32	E	67	P	160	156	104	97
33	P	66	L	162	159	106	97
34	R	64	P	164	159	107	96
35	T	65	P	165	160	108	100
36	D	63	P	167	160	108	102
37	S	64	P	165	159	106	96
38	R	64	L	160	156	105	96
39	T	64	L	162	155	104	98
40	O	61	L	150	145	94	90

Frequencies

Notes

Output Created		07-AUG-2024 11:38:59
Comments		
Input	Data	D:\REDO NOPRIS PRATAMA\master data_TD_senam lansia.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	40
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing,
	Cases Used	Statistics are based on all cases with valid data,
Syntax		FREQUENCIES VARIABLES=umur jk pre_sist post_sist pre_diast Post_diast /STATISTICS=STDDEV VARIANCE MINIMUM MAXIMUM MEAN MEDIAN MODE SUM /ORDER=ANALYSIS,
Resources	Processor Time	00:00:00,00
	Elapsed Time	00:00:00,02

[DataSet1] D:\REDO NOPRIS PRATAMA\master data_TD_senam lansia.sav

Statistics

	Umur	Jenis kelamin	Pre_ Sistol	Post_ Sistol	Pre_ Diastol	Post_ Diastole
N Valid	40	40	40	40	40	40
Missing	0	0	0	0	0	0
Mean	64,88	1,63	159,75	153,45	101,15	94,85
Median	64,00	2,00	160,50	154,00	101,00	95,00
Mode	61 ^a	2	162 ^a	146 ^a	98	92 ^a
Std. Deviation	4,256	,490	5,647	5,853	4,801	2,923
Variance	18,112	,240	31,885	34,254	23,054	8,541
Minimum	60	1	150	140	90	90
Maximum	74	2	174	168	109	102
Sum	2595	65	6390	6138	4046	3794

a, Multiple modes exist, The smallest value is shown

Frequency Table

		Umur			Cumulative
		Frequency	Percent	Valid Percent	Percent
Valid	60	4	10,0	10,0	10,0
	61	8	20,0	20,0	30,0
	62	3	7,5	7,5	37,5
	63	2	5,0	5,0	42,5
	64	8	20,0	20,0	62,5
	65	1	2,5	2,5	65,0
	66	2	5,0	5,0	70,0
	67	3	7,5	7,5	77,5
	70	3	7,5	7,5	85,0
	71	2	5,0	5,0	90,0
	72	1	2,5	2,5	92,5
	73	1	2,5	2,5	95,0
	74	2	5,0	5,0	100,0
	Total	40	100,0	100,0	

		Jenis kelamin			Cumulative
		Frequency	Percent	Valid Percent	Percent
Valid	Laki-laki	15	37,5	37,5	37,5
	Perempuan	25	62,5	62,5	100,0
	Total	40	100,0	100,0	

		Pre_Sistole			Cumulative
		Frequency	Percent	Valid Percent	Percent
Valid	150	4	10,0	10,0	10,0
	152	1	2,5	2,5	12,5
	154	3	7,5	7,5	20,0
	155	4	10,0	10,0	30,0
	156	2	5,0	5,0	35,0

158	1	2,5	2,5	37,5
159	1	2,5	2,5	40,0
160	4	10,0	10,0	50,0
161	1	2,5	2,5	52,5
162	5	12,5	12,5	65,0
163	2	5,0	5,0	70,0
164	4	10,0	10,0	80,0
165	5	12,5	12,5	92,5
167	1	2,5	2,5	95,0
168	1	2,5	2,5	97,5
174	1	2,5	2,5	100,0
Total	40	100,0	100,0	

Post_Sistole

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 140	1	2,5	2,5	2,5
145	2	5,0	5,0	7,5
146	5	12,5	12,5	20,0
149	1	2,5	2,5	22,5
150	5	12,5	12,5	35,0
151	1	2,5	2,5	37,5
152	4	10,0	10,0	47,5
153	1	2,5	2,5	50,0
155	2	5,0	5,0	55,0
156	5	12,5	12,5	67,5
158	4	10,0	10,0	77,5
159	4	10,0	10,0	87,5
160	3	7,5	7,5	95,0
161	1	2,5	2,5	97,5
168	1	2,5	2,5	100,0
Total	40	100,0	100,0	

Pre_Diastole

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	90	1	2,5	2,5	2,5
	92	1	2,5	2,5	5,0
	94	1	2,5	2,5	7,5
	95	1	2,5	2,5	10,0
	96	3	7,5	7,5	17,5
	97	1	2,5	2,5	20,0
	98	5	12,5	12,5	32,5
	99	3	7,5	7,5	40,0
	100	3	7,5	7,5	47,5
	101	2	5,0	5,0	52,5
	102	3	7,5	7,5	60,0
	103	3	7,5	7,5	67,5
	104	2	5,0	5,0	72,5
	105	2	5,0	5,0	77,5
	106	2	5,0	5,0	82,5
	107	2	5,0	5,0	87,5
	108	3	7,5	7,5	95,0
	109	2	5,0	5,0	100,0
	Total	40	100,0	100,0	

Post_Diastole

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	90	4	10,0	10,0	10,0
	92	7	17,5	17,5	27,5
	93	2	5,0	5,0	32,5
	94	5	12,5	12,5	45,0
	95	4	10,0	10,0	55,0
	96	7	17,5	17,5	72,5
	97	4	10,0	10,0	82,5
	98	4	10,0	10,0	92,5
	100	2	5,0	5,0	97,5
	102	1	2,5	2,5	100,0
	Total	40	100,0	100,0	

Frequencies

Notes

Output Created		07-AUG-2024 11:39:43
Comments		
Input	Data	D:\REDO NOPRIS PRATAMA\master data_TD_senam lansia.sav
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	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	40
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing,
	Cases Used	Statistics are based on all cases with valid data,
Syntax		FREQUENCIES VARIABLES=TD_pre TD_post /ORDER=ANALYSIS,
Resources	Processor Time	00:00:00,00
	Elapsed Time	00:00:00,01

Statistics

		Tekanan darah_Pre	Tekanan darah_post
N	Valid	40	40
	Missing	0	0

Frequency Table

Tekanan darah_Pre

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Derajat ringan	16	40,0	40,0	40,0
	Derajat sedang	24	60,0	60,0	100,0
	Total	40	100,0	100,0	

Tekanan darah_post

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Derajat ringan	35	87,5	87,5	87,5
	Derajat sedang	5	12,5	12,5	100,0
	Total	40	100,0	100,0	

Explore

Notes

Output Created		07-AUG-2024 11:40:10
Comments		
Input	Data	D:\REDO NOPRIS PRATAMA\Uji normalitas.sav
	Active Dataset	DataSet2
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	80
Missing Value Handling	Definition of Missing	User-defined missing values for dependent variables are treated as missing,
	Cases Used	Statistics are based on cases with no missing values for any dependent variable or factor used,
Syntax		EXAMINE VARIABLES=Pre_post_Sis Pre_post_Dias BY Kelompok /PLOT BOXPLOT STEMLEAF NPLOT /COMPARE GROUPS /STATISTICS DESCRIPTIVES /INTERVAL 95 /MISSING LISTWISE /NOTOTAL,
Resources	Processor Time	00:00:01,31
	Elapsed Time	00:00:01,37

[DataSet2] D:\REDO NOPRIS PRATAMA\Uji normalitas.sav

Kelompok

Case Processing Summary

	Kelompok	Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pre_post_Sis	Pre	40	100,0%	0	0,0%	40	100,0%
	Post	40	100,0%	0	0,0%	40	100,0%
Pre_post_Dias	Pre	40	100,0%	0	0,0%	40	100,0%
	Post	40	100,0%	0	0,0%	40	100,0%

Descriptives

	Kelompok	Statistic	Std. Error			
Pre_post_Sis	Pre	Mean	160,10	,827		
		95% Confidence Interval for Mean	Lower Bound	158,43		
			Upper Bound	161,77		
		5% Trimmed Mean	160,06			
		Median	160,00			
		Variance	27,374			
		Std. Deviation	5,232			
		Minimum	150			
		Maximum	174			
		Range	24			
		Interquartile Range	8			
		Skewness	,031	,374		
		Kurtosis	,070	,733		
		Post	Post	Mean	153,45	,925
				95% Confidence Interval for Mean	Lower Bound	151,58
Upper Bound	155,32					
5% Trimmed Mean	153,44					
Median	154,00					
Variance	34,254					
Std. Deviation	5,853					
Minimum	140					
Maximum	168					
Range	28					
Interquartile Range	8					
Skewness	-,070			,374		
Kurtosis	-,217			,733		

Pre_post_ Dias	Pre	Mean	101,15	,759	
	95% Confidence Interval for Mean	Lower Bound	99,61		
		Upper Bound	102,69		
	5% Trimmed Mean	101,28			
	Median	101,00			
	Variance	23,054			
	Std, Deviation	4,801			
	Minimum	90			
	Maximum	109			
	Range	19			
	Interquartile Range	7			
	Skewness	-,166	,374		
	Kurtosis	-,559	,733		
	Post	Post	Mean	94,85	,462
		95% Confidence Interval for Mean	Lower Bound	93,92	
			Upper Bound	95,78	
		5% Trimmed Mean	94,78		
Median		95,00			
Variance		8,541			
Std, Deviation		2,923			
Minimum		90			
Maximum		102			
Range		12			
Interquartile Range		5			
Skewness		,195	,374		
Kurtosis		-,288	,733		

Tests of Normality

	Kelompok	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pre_post_Sis	Pre	,099	40	,200*	,973	40	,431
	Post	,118	40	,165	,965	40	,239
Pre_post_Dias	Pre	,073	40	,200*	,974	40	,471
	Post	,110	40	,200*	,965	40	,250

*, This is a lower bound of the true significance,

a, Lilliefors Significance Correction

Pre_post_Sis

Stem-and-Leaf Plots

Pre_post_Sis Stem-and-Leaf Plot for
Kelompok= Pre

Frequency Stem & Leaf

```
7,00 15 , 0022444
9,00 15 , 556688889
16,00 16 , 0000012222334444
7,00 16 , 555578
1,00 17 , 4
```

Stem width: 10

Each leaf: 1 case(s)

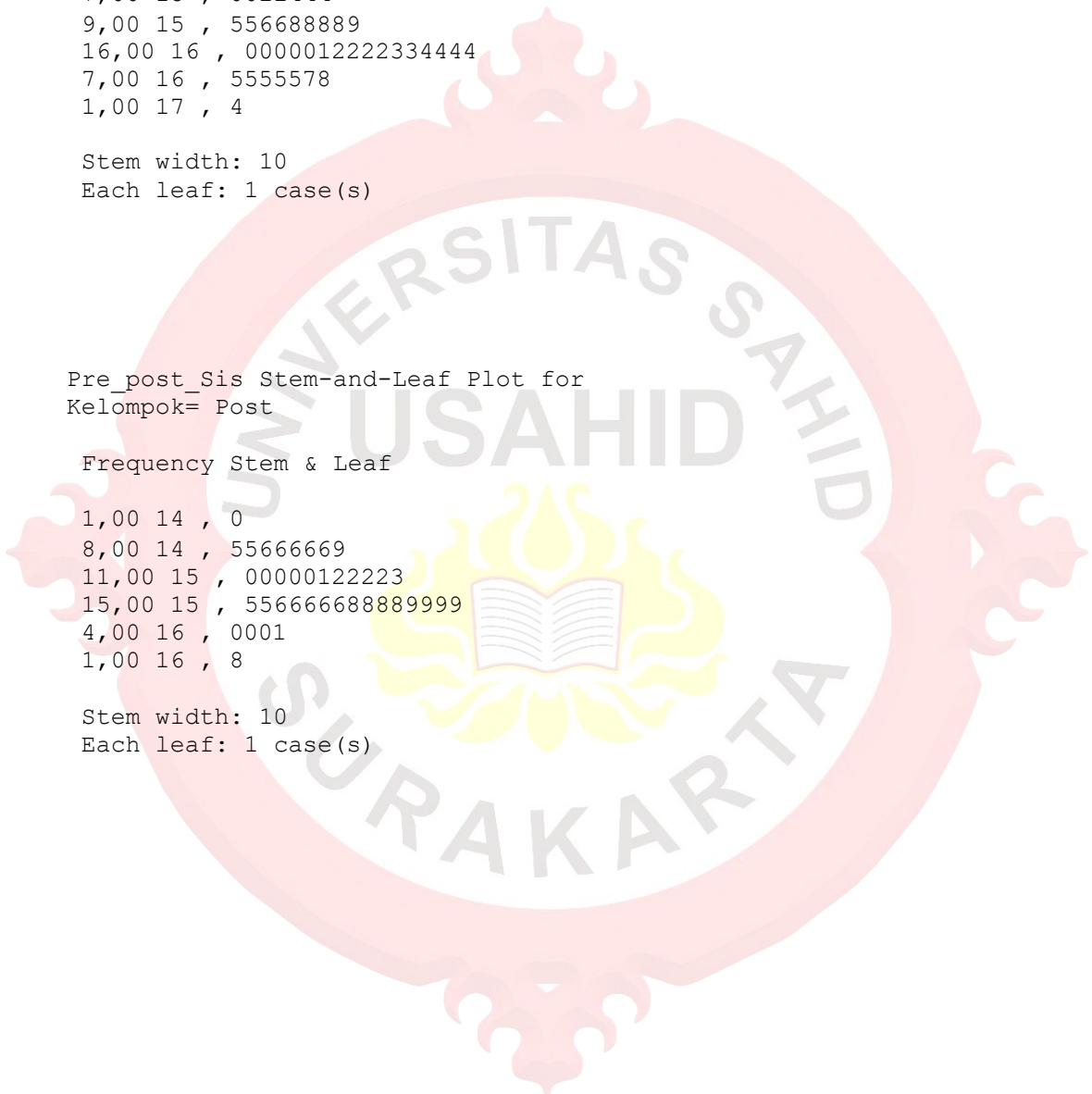
Pre_post_Sis Stem-and-Leaf Plot for
Kelompok= Post

Frequency Stem & Leaf

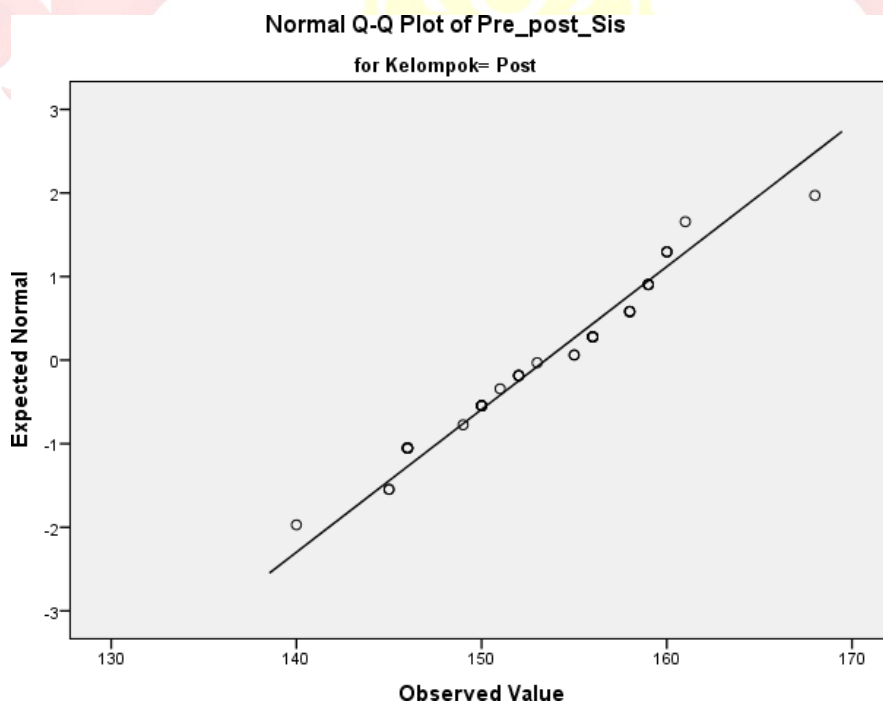
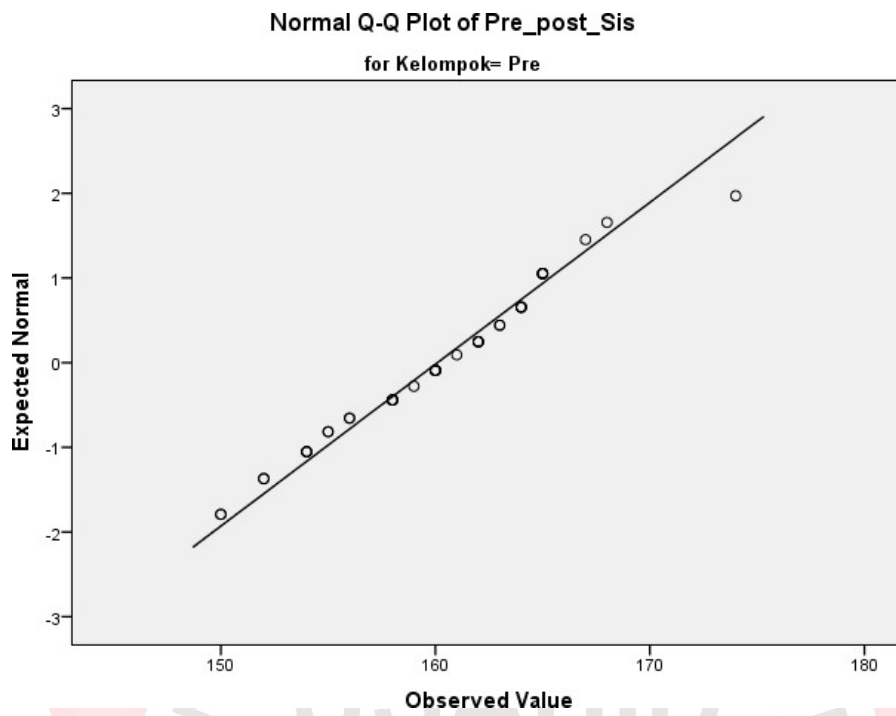
```
1,00 14 , 0
8,00 14 , 55666669
11,00 15 , 00000122223
15,00 15 , 556666688889999
4,00 16 , 0001
1,00 16 , 8
```

Stem width: 10

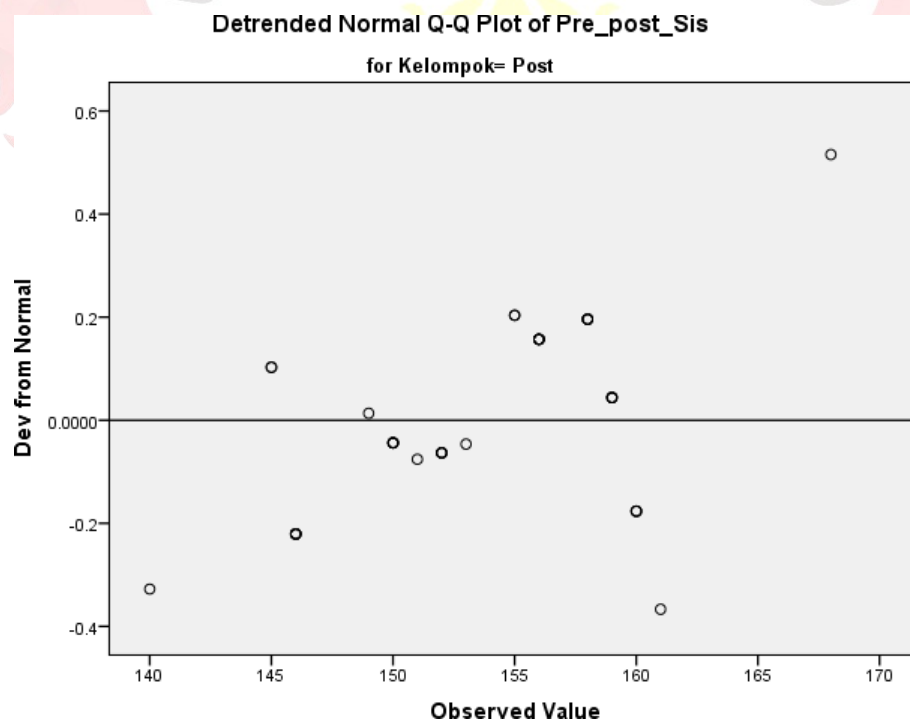
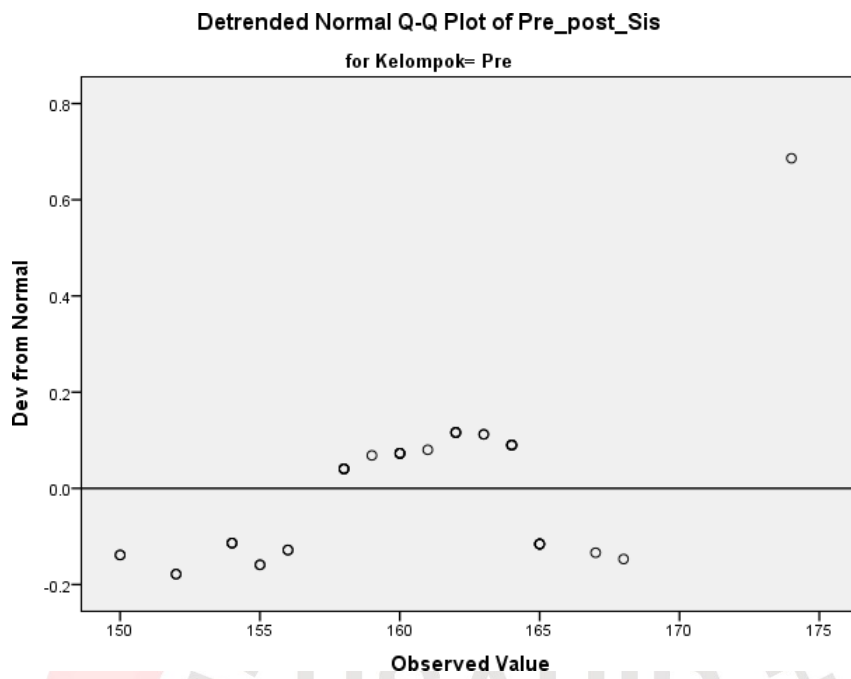
Each leaf: 1 case(s)

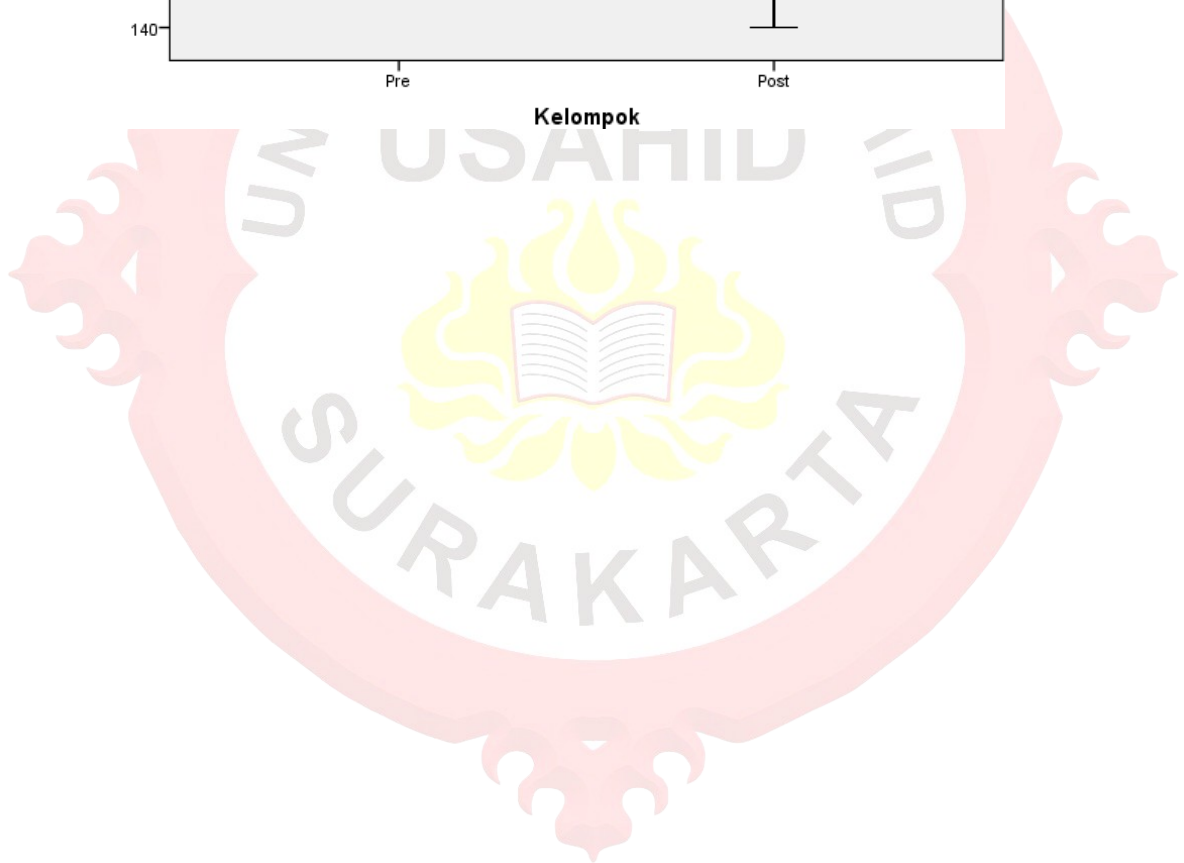
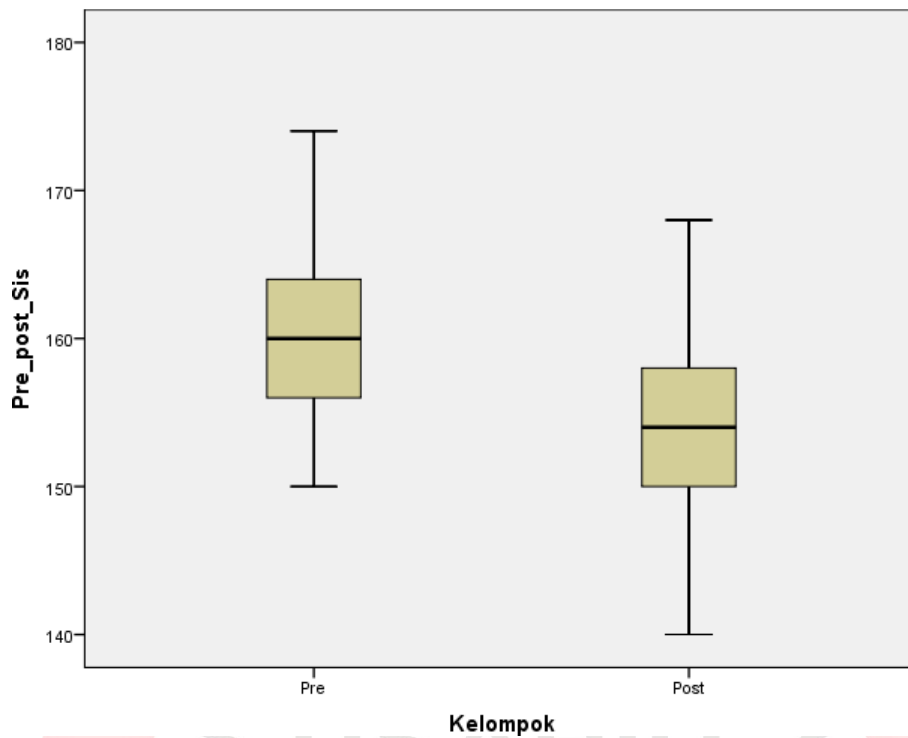


Normal Q-Q Plots



Detrended Normal Q-Q Plots





Pre_post_Dias

Stem-and-Leaf Plots

Pre_post_Dias Stem-and-Leaf Plot for
Kelompok= Pre

Frequency Stem & Leaf

```
1,00 9 , 0
1,00 9 , 2
2,00 9 , 45
4,00 9 , 6667
8,00 9 , 88888999
5,00 10 , 00011
6,00 10 , 222333
4,00 10 , 4455
4,00 10 , 6677
5,00 10 , 88899
```

Stem width: 10
Each leaf: 1 case(s)

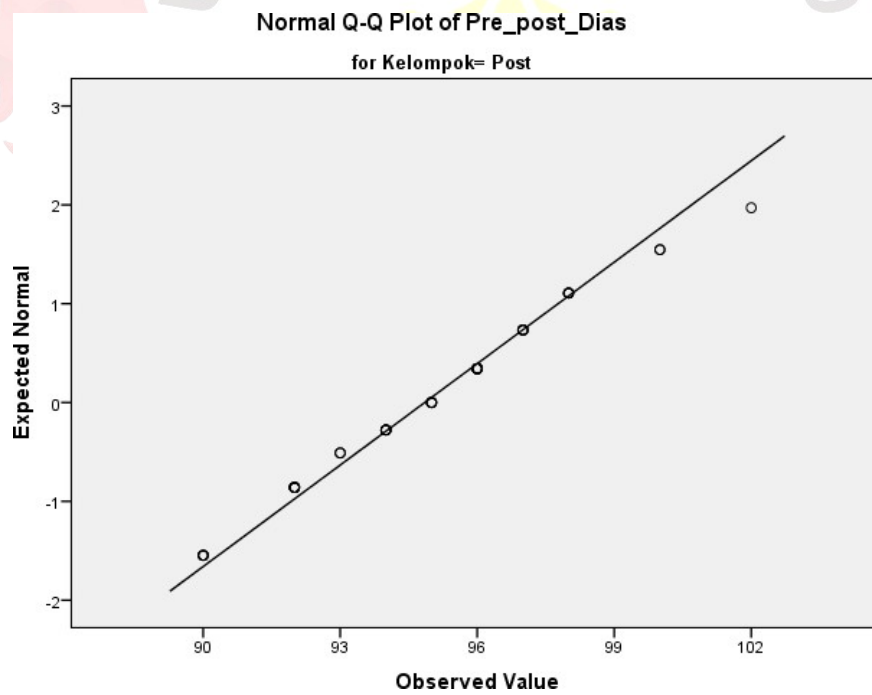
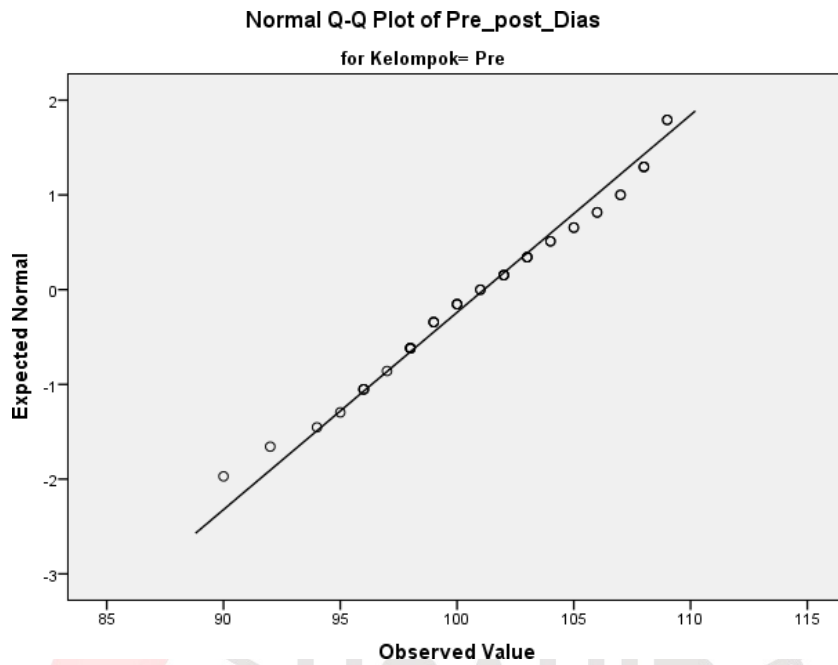
Pre_post_Dias Stem-and-Leaf Plot for
Kelompok= Post

Frequency Stem & Leaf

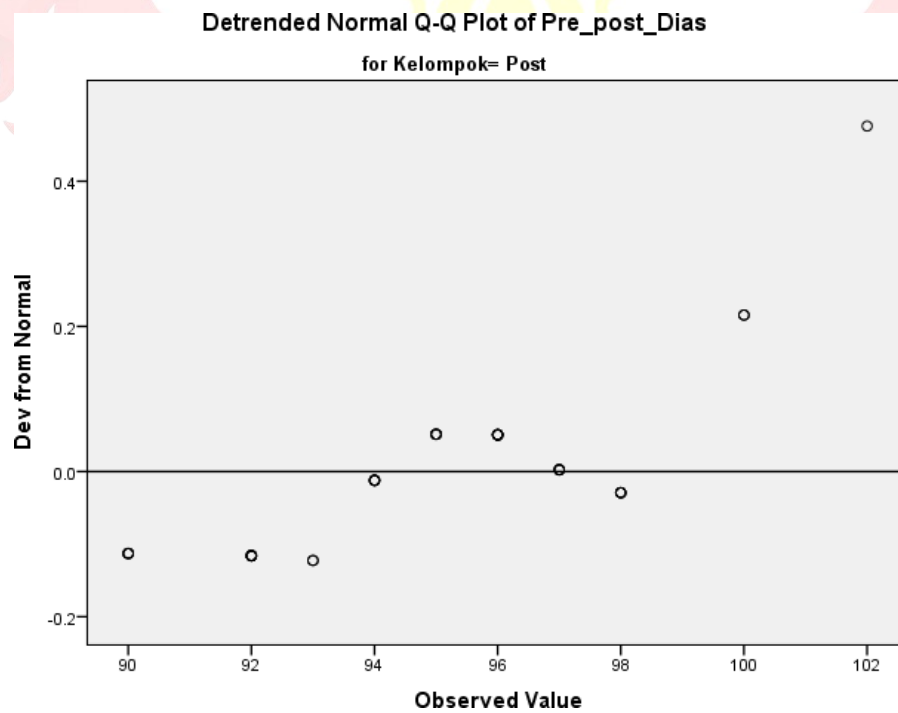
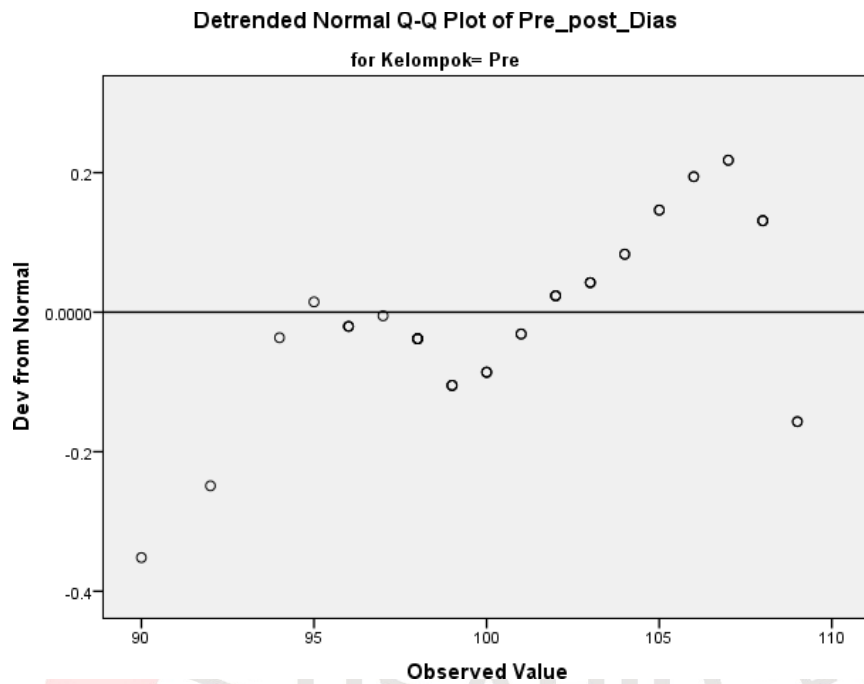
```
4,00 9 , 0000
9,00 9 , 22222233
9,00 9 , 444445555
11,00 9 , 6666667777
4,00 9 , 8888
2,00 10 , 00
1,00 10 , 2
```

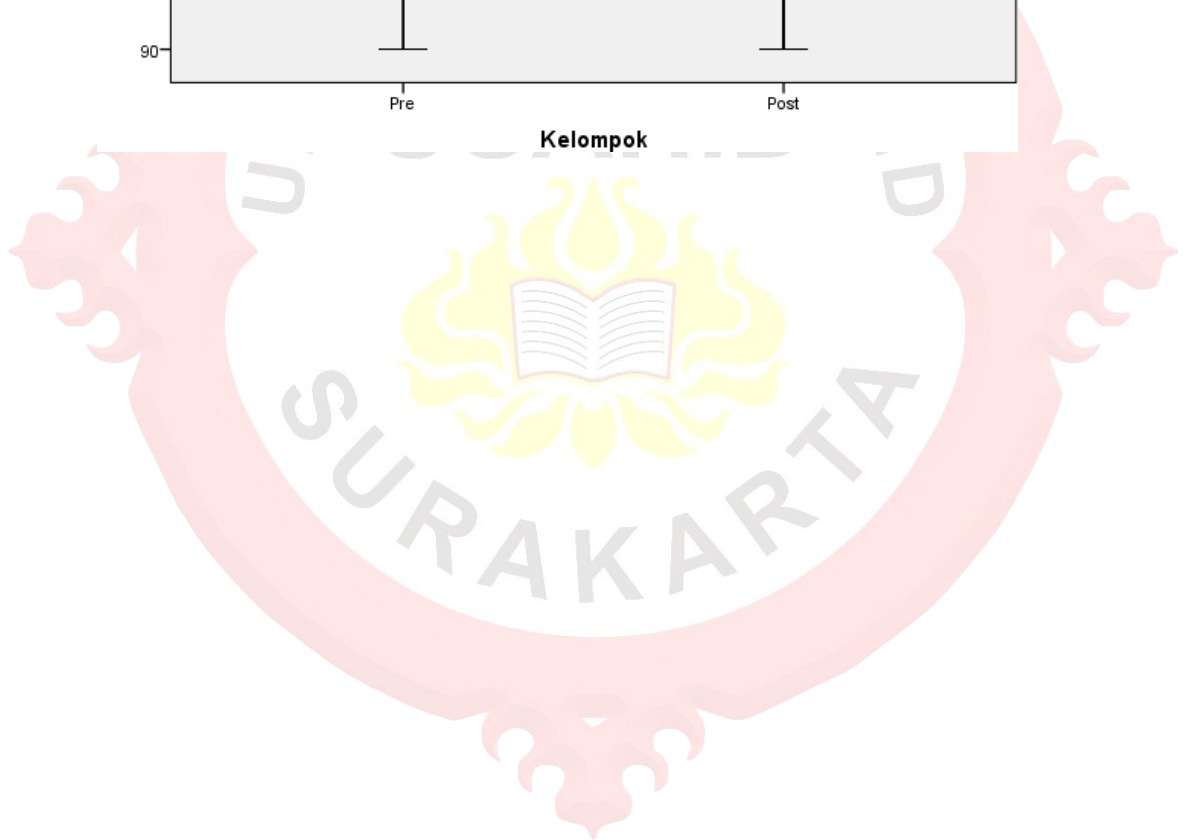
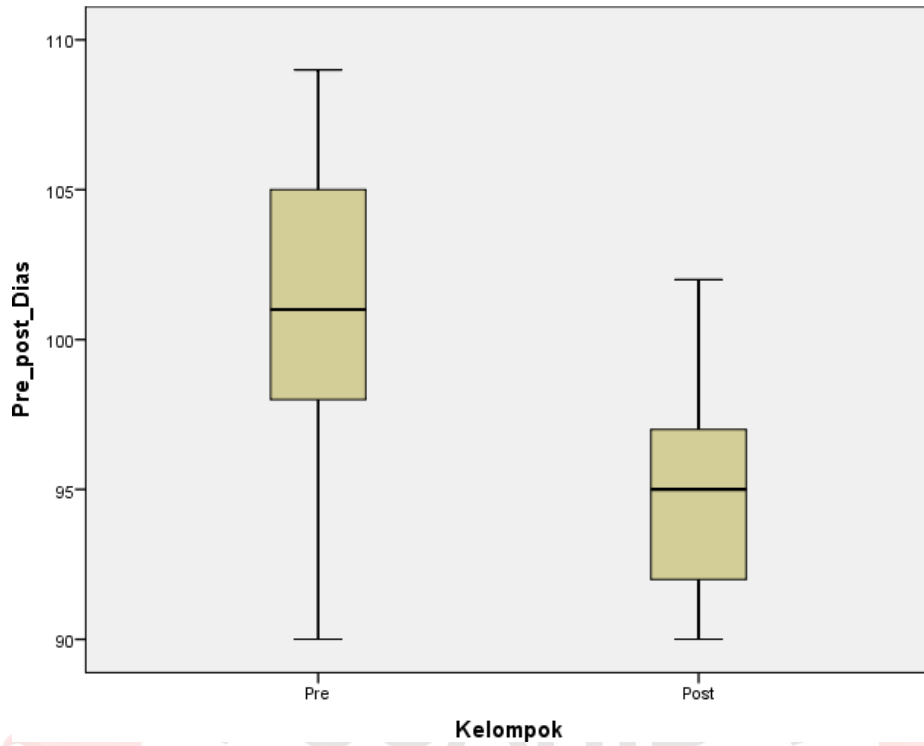
Stem width: 10
Each leaf: 1 case(s)

Normal Q-Q Plots



Detrended Normal Q-Q Plots





T-Test

Notes		
Output Created		07-AUG-2024 11:43:22
Comments		
Input	Data	D:\REDO NOPRIS PRATAMA\master data_TD_senam lansia.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	40
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing,
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis,
Syntax		T-TEST PAIRS=pre_sist pre_diast WITH post_sist Post_diast (PAIRED) /CRITERIA=CI(.9500) /MISSING=ANALYSIS,
Resources	Processor Time	00:00:00,00
	Elapsed Time	00:00:00,01

[DataSet1] D:\REDO NOPRIS PRATAMA\master data_TD_senam lansia.sav

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre_Sistole	159,75	40	5,647	,893
	Post_Sistole	153,45	40	5,853	,925
Pair 2	Pre_Diastole	101,15	40	4,801	,759
	Post_Diastole	94,85	40	2,923	,462

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Pre_Sistole & Post_Sistole	40	,850	,000
Pair 2	Pre_Diastole & Post_Diastole	40	,639	,000

Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	Pre_Sistole - Post_Sistole	6,300	3,156	,499	5,291	7,309	12,626	39	,000
Pair 2	Pre_Diastole - Post_Diastole	6,300	3,695	,584	5,118	7,482	10,784	39	,000