

INTISARI

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

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Latar Belakang: Penanganan hipertensi pada lansia ada dua yaitu dengan cara farmologi dan non farmakologi. Cara non farmakologi salah satunya adalah dengan dilakukannya senam lansia. Pada usia lanjut kekuatan mesin pompa jantung berkurang. Berbagai pembuluh darah penting khusus di jantung dan otak mengalami kekakuan, dengan latihan fisik atau senam dapat membantu kekuatan pompa jantung agar bertambah, sehingga aliran darah bisa kembali lancar.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh senam lansia terhadap tekanan darah pada lansia penderita hipertensi di Posyandu Melati IX Karangasem.

Metode: Penelitian ini menggunakan *quasy eksperimen* dengan rancangan *one group pretest-posttest test design*. Populasi dan sampel penelitian semua lansia yang ada di Posyandu Melati IX dan X sebanyak 42 responden. Teknik analisis data menggunakan analisis data dengan *paired simple t-test*.

Hasil: 1) Rata-rata tekanan darah sistolik sebelum senam adalah 182,50 mmHg dan tekanan darah diastolik adalah 97 mmHg; 2) Rata-rata tekanan darah sistolik sesudah senam adalah 130 mmHg, dan rata-rata tekanan darah diastolik sesudah senam 72,81 mmHg; 3) Terdapat pengaruh senam lansia terhadap tekanan darah sistolik dan diastolik pada lansia hipertensi di Posyandu Melati IX dan X Karangasem (*p-value* 0,001).

Simpulan: Ada pengaruh senam lansia terhadap tekanan darah sistolik dan diastolik pada lansia hipertensi di Posyandu Melati IX dan X Karangasem.

Kata kunci: Senam lansia, Tekanan darah, Hipertensi.

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ABSTRACT

THE INFLUENCE OF ELDERLY GYMNASTICS ON BLOOD PRESSURE IN LANSIA HYPERTENSION IN POSYANDU MELATI IX KARANGASEM

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Background: Treatment of hypertension in elderly there are two that is by way of pharmacology and non pharmacology. Non pharmacological ways one of them is by doing elderly gymnastics. In old age the power of the heart pump machine is reduced. Various blood vessels are important specifically in the heart and brain stiffness, with physical exercise or gymnastics can help the heart pump power to increase, so that blood flow can return smoothly.

Purpose: This study aims to determine the effect of elderly gymnastics on blood pressure in elderly patients with hypertension in Posyandu Melati IX Karangasem.

Method: This study used experimental quasy with one group pretest-postest test design. Population and study sample of all elderly in Posyandu Melati IX and X counted 42 respondents. Data analysis technique using data analysis with paired simple t-test.

Results: 1) The mean systolic blood pressure before exercise was 182.50 mmHg and diastolic blood pressure was 97 mmHg; 2) The mean systolic blood pressure after exercise was 130 mmHg, and mean diastolic blood pressure after 72.81 mmHg gymnastic; 3) There is influence of elderly gymnastics on systolic blood pressure and diastolic in elderly hypertension in Posyandu Melati IX and X Karangasem (p-value 0.001).

Conclusion: There is influence of elderly gymnastics on systolic blood pressure and diastolic in elderly hypertension in Posyandu Melati IX and X Karangasem.

Keywords: elderly gymnastics, blood pressure, hypertension

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