

INTISARI

EFEKTIFITAS SENAM LANSIA DAN YOGA TERHADAP PENURUNAN TEKANAN DARAH PADA LANSIA YANG MENGALAMI HIPERTENSI DI POSYANDU LANSIA JAGA RAGA SONDAKAN SURAKARTA

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Latar Belakang: Hipertensi merupakan masalah kesehatan global yang membutuhkan perhatian karena dapat menyebabkan kematian utama. Hipertensi memiliki julukan “the silent killer” karena kadang tidak disertai gejala dan bisa membunuh dengan tiba-tiba. Oleh karena itu, dibutuhkan penanganan untuk menurunkan hipertensi yang tidak menimbulkan efek samping yaitu penanganan dengan non farmakologis berupa pemberian senam lansia dan yoga

Tujuan: Menganalisis efektifitas senam lansia dan yoga terhadap penurunan tekanan darah pada lansia hipertensi di Posyandu Jaga Raga Sondakan Surakarta.

Metode: Jenis penelitian ini adalah kuasi eksperimen dengan rancangan *One Group Pre Test – Post Test with Control Design*. Populasi adalah lansia hipertensi di Posyandu Lansia Jaga Raga Sondakan Laweyan Surakarta. Sampel dalam penelitian sebanyak 32 lansia yang mengalami hipertensi. Teknik sampling *purposive random sampling*. Teknik pengumpulan data menggunakan lembar observasi. Teknik analisis data dengan uji beda satu kelompok uji Paired Sample T-Test sedangkan uji beda dua kelompok menggunakan uji Independent Sample T-Test.

Hasil: 1) Ada perbedaan pengaruh sebelum dan sesudah diberikan senam lansia terhadap penurunan tekanan darah sistolik dan diastolik dengan (p value 0,000). Pemberian senam lansia mampu menurunkan tekanan darah lansia sebesar 16,88 mmHg pada sistolik dan 8,75 mmHg. 2) Ada perbedaan pengaruh sebelum dan sesudah senam yoga terhadap penurunan tekanan darah sistolik diastolik dengan (p value 0,000). Pemberian senam lansia mampu menurunkan tekanan darah lansia sebesar 18,75 mmHg pada sistolik dan 8,75 mmHg. 3) Senam yoga lebih efektif dalam menurunkan tekanan darah pada lansia yang mengalami hipertensi dibandingkan dengan senam lansia.

Simpulan: Senam yoga lebih efektif dalam menurunkan tekanan darah pada lansia yang mengalami hipertensi dibandingkan dengan senam lansia.

Kata Kunci: Senam Lansia, Senam Yoga, Tekanan Darah, Hipertensi, Lansia

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ABSTRACT

EFFECTIVENESS OF ELDERLY AND YOGA GYMNASTICS ON LOWERING THE BLOOD PRESSURE AT ELDERLY HYPERTENSION IN POSYANDU LANSIA JAGA RAGA SONDAKAN LAWEYAN SURAKARTA

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Background: Hypertension was a global health problem requiring attention because it is the main cause of death. The long term uncontrolled hypertension may result in impaired vision, coronary occlusion, renal failure and stroke. Therefore, it takes treatment to reduce hypertension that does not cause side effects that is handling with non-pharmacologist in the form of elderly and yoga gymnastics.

Objective: Analyze was effectiveness of gymnastics elderly and yoga against the decrease in blood pressure in elderly hypertension in Elderly Posyandu Jaga Raga Sondakan Surakarta.

Method: Type of research was a quasi-experiment with One Group Pre Test design - Post Test with Control Design. The population was elderly hypertension in Elderly Posyandu Jaga Raga Sondakan Laweyan Surakarta. Samples in the study as many as 32 elderly who experienced hypertension. Sampling technique purposive random sampling. Technique of collecting data using observation sheet. Data analysis technique with different test of one group of Paired Sample T-Test while the difference test of two groups using Independent Sample T-Test.

Result: There was a difference of influence before and after being given elderly gymnastics to decrease systolic and diastolic blood pressure with (p value 0,000). Giving elderly gymnastics can lower elder blood pressure of 16.88 mmHg in systolic and 8.75 mmHg. 2) There was a difference of influence before and after yoga exercises on decreasing diastolic systolic blood pressure with (p value 0,000). Giving elderly gymnastics can reduce elderly blood pressure of 18.75 mmHg in systolic and 8.75 mmHg. 3) Yoga gymnastics was more effective in lowering blood pressure in elderly who have hypertension compared with elderly gymnastics.

Conclusion: Yoga Gymnastics was more effective in lowering blood pressure in elderly who have hypertension compared with elderly gymnastics.

Keywords: Elderly Gymnastics, Yoga Gymnastics, Blood Pressure, Hypertension, Elderly

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