

INTISARI

PENGARUH SENAM ERGONOMIK TERHADAP TEKANAN DARAH PADA LANSIA DI POSYANDU LANSIA III RT 04 RW 03, DESA WONOREJO, KECAMATAN POLOKARTO SUKOHARJO

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Latar Belakang: Banyaknya perubahan yang terjadi pada lansia banyak pula masalah kesehatan yang dihadapi sehingga untuk mempertahankan kesehatan maka perlu adanya upaya-upaya baik yang bersifat perawatan, pengobatan, pola hidup sehat, dan juga upaya lain seperti senam. Senam adalah latihan tubuh yang diciptakan dengan sengaja disusun secara sistematis dan dilakukan secara sadar dengan tujuan membentuk dan mengembangkan pribadi secara harmonis. Semua jenis senam dan aktivitas dengan olahraga ringan sangat bermanfaat untuk menghambat proses degeneratif atau proses penuaan. Senam ini sangat dianjurkan untuk mereka yang memasuki usia pralansia (45 tahun) dan usia lansia (65 tahun ke atas).

Tujuan: Mengetahui pengaruh senam ergonomi terhadap tekanan darah pada lansia hipertensi di Posyandu 3 RT 04 RW 03 Desa Wonorejo, Polokarto Sukoharjo.

Metode: Penelitian ini merupakan jenis quasi eksperimen dengan rancangan *one group pre and post test design*. Populasi dalam penelitian ini adalah semua peserta senam ergonomik di di Posyandu 3 RT 04 RW 03 Desa Wonorejo, Polokarto Sukoharjo sebanyak 55 orang, dan diambil 36 sampel dengan teknik purposive sampling. Adapun alat analisis yang digunakan dengan *uji t-test*.

Hasil: (1) Mayoritas responden sebelum melakukan senam *ergonomic* mempunyai tekanan darah tergolong optimal (<120/80 mmHg) yaitu sebanyak 11 orang (30,6%). (2) Mayoritas responden sesudah melakukan senam *ergonomic* mempunyai tekanan darah tergolong normal (120-129/80-84 mmHg) sebanyak 16 orang (44,4%); (3) Terdapat pengaruh senam *ergonomic* terhadap tekanan darah pada lansia hipertensi di Posyandu 3 RT 04 RW 03 Desa Wonorejo, Polokarto Sukoharjo ($\rho_1 = 0,000$ dan $\rho_2 = 0,000$).

Simpulan: Terdapat pengaruh senam *ergonomic* terhadap tekanan darah pada lansia hipertensi di Posyandu 3 RT 04 RW 03 Desa Wonorejo, Polokarto Sukoharjo.

Kata kunci: Senam *ergonomic*, tekanan darah, hipertensi.

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ABSTRACT

EFFECT OF GYMNASTICS ERGONOMICS ELDERLY IN BLOOD PRESSURE IN ELDERLY POSYANDU III RT 04 RW 03, WONOREJO VILLAGE, DISTRICT POLOKARTO SUKOHARJO

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Background: *The number of changes that occur in the elderly many health problems facing so as to maintain health it is necessary that efforts be made both care, treatment, healthy lifestyle, as well as other efforts such as gymnastics. Gymnastics is a body workout created intentionally arranged in a systematic and conscious with the aim of establishing and developing in harmony private. All types of exercise and activity with light exercise is very beneficial to inhibit the degenerative process or the aging process. Gymnastics is highly recommended for those who enter pralansia age (45 years) and the elderly (65 years and above).*

Objective: *To determine the effect of exercise on blood pressure ergonomics in elderly hypertensive in IHC 3 RT 04 RW 03 Wonorejo village, Sukoharjo Polokarto.*

Methods: *This study is a quasi-experimental design with one group pre and post test design. The population in this study were all participants in gymnastics ergonomics in IHC 3 RT 04 RW 03 Wonorejo village, Sukoharjo Polokarto as many as 55 people, and 36 samples were taken by purposive sampling technique. The analysis tool used by t-test.*

Results: *(1) The majority of respondents before doing gymnastics ergonomic classified have optimal blood pressure (<120/80 mmHg) as many as 11 people (30.6%). (2) The majority of respondents after doing gymnastics ergonomic have relatively normal blood pressure (120-129 / 80-84 mmHg) as many as 16 people (44.4%); (3) There is ergonomic exercise influence on blood pressure in elderly hypertensive in alderly Posyandu 3 RT 04 RW 03 Wonorejo village, Sukoharjo Polokarto ($p_1 = 0.000$ and $p_2 = 0.000$).*

Conclusion: *There is an ergonomic exercise influence on blood pressure in elderly hypertensive in alderly Posyandu 3 RT 04 RW 03 Wonorejo village, Sukoharjo Polokarto.*

Keywords: *Gymnastics ergonomic, blood pressure, hypertension*

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