

PERBEDAAN HASIL PENGUKURAN TEKANAN DARAH SEBELUM DAN SESUDAH BEROLAHRAGA FUTSAL PADA TIM FUTSAL NOMED UNITED DICOLUMADU KARANGANYAR

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INTISARI

Latar Belakang: Olahraga menyebabkan perubahan besar dalam sistem sirkulasi dan pernapasan, dimana keduanya berlangsung bersamaan sebagai bagian dari respon homeostatik. Respon tubuh terhadap olahraga yang melibatkan kontraksi otot dapat berupa peningkatan denyut jantung, penurunan retensi perifer total sebagai akibat vasodilatasi dalam otot. Akibatnya tekanan darah sistolik kadang meningkat meskipun sedang, sementara diastolik biasanya tidak berubah atau turun.

Tujuan Penelitian: Mengetahui perbedaan tekanan darah sebelum dan sesudah berolahraga pada pemain futsal tim Nomed United.

Metode Penelitian: Desain penelitian adalah eksperimen semu dengan rancangan penelitian *One Group Pre Test – Post Test*. Populasi adalah semua pemain futsal di Tim Nomed United yang berjumlah 20 orang. Sampel berjumlah 20 orang. Analisis data menggunakan *paired sample T-Test*.

Hasil Penelitian: (1) Sebelum berolahraga futsal pada Tekanan darah sistolik diperoleh rata-rata 119,50 mmHg; turun menjadi 114,60 mmHg sesudah berolahraga futsal; sehingga terjadi penurunan pada rata-rata tekanan darah sistolik yaitu 4,90 mmHg sesudah berolahraga futsal; (2) Tekanan darah diastolik sebelum berolahraga futsal diperoleh rata-rata 79,50 mmHg; turun menjadi 75,10 mmHg sesudah berolahraga futsal; sehingga terjadi penurunan pada rata-rata tekanan darah diastolik sesudah berolahraga futsal 4,40 mmHg; (3) Terdapat perbedaan tekanan darah sistolik sebelum dan sesudah berolahraga futsal (t -hitung = 7,702 > t -tabel = 2,093 dan p -value = 0,000 < 0,05) dan terdapat perbedaan tekanan darah diastolik sebelum dan sesudah berolahraga futsal t hitung = 6,722 > dari t -tabel = 2,093 dan p -value = 0,00).

Kesimpulan: Terdapat perbedaan pada tekanan darah sistolik maupun diastolik sebelum dan sesudah berolahraga futsal.

Kata Kunci: Tekanan darah, Berolahraga Futsal

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**THE DIFFERENTIATION MEASUREMENT RESULT OF THE BLOOD PRESSURE
BEFORE AND AFTER PLAY FUTSAL ON NAMED UNITED FUTSAL TEAM
OF COLUMADU KARANGANYAR**

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ABSTRACT

Background : Sport made a big change in the circulatory and respiratory systems, which both took place simultaneously as part of the Homeostatic responses. Body's response toward the sport involving muscle contractions include the increased of the heart beat, decreased of the total peripheral retention as the effect of the vasodilatation in the muscles. Finally, the systolic blood pressure sometimes increases even moderate, while the diastolic usually unchanged or down.

Purpose of the research: to know the differentiation of the blood pressure before and after play futsal on Named United players.

Metode of the research: the research design was pseudo-experiment, by the research plan One Group Pre Test – Post Test. The Population were all the futsal players of Named United Team which 12 people. The numbered sample were 12 people. Data analysis it used paired sample T-test.

Result of the research: (1) Before play futsal the average of the systolic blood pressure was 119,50 mmHg; it was felled to 114,60 mmHg after play futsal; until occurred the decrease on average of the systolic blood pressure was on 4,90 mmHg after play futsal; (2) Before play futsal the average of the diastolic blood pressure was 79,50 mmHg; it was felled to 75,10 mmHg after play futsal; until occurred the decrease on average of diastolik blood pressure was on 79,50 mmHg after play futsal. (3) there was the differentiation on systolic blood pressure before and after play futsal ($t\text{-test} = 7,702 > t\text{-tabel} = 2,093$ and $p\text{-value} = 0,000 < 0,05$) and there was the differentiation on diastolik blood pressure beofre and after played futsal ($t\text{ test} = 6,722 > \text{from } t\text{-tabel} = 2,093$ and $p\text{-value} = 0,00$).

Conclusion: There was the differentiation on systolic and diastolic blood pressure before and after played futsal

Keywords : Blood pressure , play Futsal

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