

INTISARI

EFEKTIFITAS SENAM HIPERTENSI LANSIA DIBANDINGKAN DENGAN TERAPI RELAKSASI OTOT PROGRESIF TERHADAP TEKANAN DARAH LANSIA DENGAN HIPERTENSI

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Latar Belakang: Meningkatnya penduduk lanjut usia dibutuhkan perhatian dari semua pihak dalam mengatasi berbagai permasalahan yang ada salah satunya adalah masalah kesehatan. Penyakit yang sering terjadi pada lansia adalah Hipertensi jika hipertensi tidak diatasi maka akan menyebabkan berbagai macam komplikasi. Diperlukan penatalaksanaan untuk mencegah hipertensi. Salah satunya dengan penatalaksanaan non farmakologis Senam Hipertensi dan Terapi relaksasi otot progresif

Tujuan: untuk membandingkan tingkat efektifitas antara senam hipertensi dan terapi relaksasi otot progresif terhadap tekanan darah lansia dengan hipertensi

Metode: Jenis penelitian ini adalah penelitian *Quasi Eksperimen* dengan menggunakan desain *two group pre test-post test*. Sample penelitian ini sebanyak 32 responden lansia yang mengalami hipertensi dengan teknik *proposive sampling*. Analisis *uji Wilcoxon Test* dan *Uji Mann Whitney* alat ukur yang digunakan dalam penelitian ini adalah *Sphyghnomanometer* Jarum yang telah dikalibrasi

Hasil Penelitian: Rata-rata tekanan darah sebelum diberikan terapi relaksasi otot progresif, sistolik 153,44 mmHg dan diastolik 100 mmHg. Rata-rata tekanan darah sesudah diberikan terapi relaksasi otot progresif sistolik 147,56 mmHg dan diastolik 95 mmHg. Rata-rata tekanan darah sebelum diberikan senam hipertensi, sistolik 149,06 mmHg dan diastolik 98 mmHg. Rata-rata tekanan darah setelah diberikan senam hipertensi sistolik 146,62 mmHg dan diastolik 96,25 mmHg. Terdapat pengaruh pemberian pemberian terapi relaksasi otot progresif terhadap tekanan darah sistolik (*p value* $0,001 < 0,05$) sedangkan diastolik terdapat pengaruh intervensi terapi relaksasi otot progresif (*p value* sebesar $0,004 < 0,05$). Terdapat pengaruh pemberian senam hipertensi terhadap tekanan darah sistolik (*p value* $0,003 < 0,05$) sedangkan tekanan darah diastolik terdapat pengaruh intervensi senam hipertensi (*p value* $0,025 < 0,05$).

Kesimpulan : Terapi Relaksasi Otot Progresif lebih efektif dibandingkan dengan senam hipertensi.

Kata Kunci : Senam Hipertensi, Terapi Relaksasi Otot Progresif, Hipertensi lansia

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ABSTRACT

THE EFFECTIVENESS OF HYPERTENSION EXERCISE COMPARED WITH PROGRESSIVE MUSCLE RELAXATION THERAPY ON BLOOD PRESSURE ELDERLY WITH HYPERTENSION

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Background: the increasing elderly requires attention from all parties in overcoming various problems such as health problems. The disease that often occurs in the elderly is hypertension. If hypertension is not treated, it will cause various complications. Management is needed to prevent hypertension, such as non-pharmacological management of hypertension exercise and progressive muscle relaxation therapy.

Objectives: To compare the level of effectiveness between hypertension exercise and progressive muscle relaxation therapy on blood pressure in the elderly with hypertension.

Method: This type of research is quasi-experimental research using a two-group pre-test-post-test design. The sample of this study was 32 elderly with hypertension by purposive sampling technique. The analysis of the Wilcoxon Test and the Mann Whitney test used a calibrated needle sphygmomanometer.

Results: The average blood pressure before progressive muscle relaxation therapy is 153.44 mmHg systolic and 100 mmHg diastolic. After being given progressive muscle relaxation therapy, the average blood pressure is 147.56 mmHg systolic and 95 mmHg diastolic. The average blood pressure before being given hypertension exercise is 149.06 mmHg systolic and 98 mmHg diastolic. After being given systolic hypertension exercise, the average blood pressure is 146.62 mmHg, and diastolic is 96.25 mmHg. There is an effect of giving progressive muscle relaxation therapy to systolic blood pressure (p-value $0.001 < 0.05$), and there is an effect of progressive muscle relaxation therapy intervention (p-value of $0.004 < 0.05$) in diastolic. There is an effect of giving hypertension exercise to systolic blood pressure (p-value $0.003 < 0.05$), and there is has an effect of hypertension exercise intervention (p-value $0.025 < 0.05$) in diastolic blood pressure.

Conclusion: Progressive Muscle Relaxation Therapy is more effective than hypertension exercise.

Keywords: Hypertension Exercise, Progressive Muscle Relaxation Therapy, Elderly Hypertension



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