

Abstrak
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Pengaruh Kombinasi Olahraga Senam Jantung Dan Relaksasi Nafas Dalam Terhadap Penurunan Tekanan Darah Tinggi Pada Pasien Penderita Hipertensi Di Puskesmas Curahnongko Kabupaten Jember, 2018
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Abstrak

Hipertensi adalah peningkatan tekanan darah diatas normal. Pengobatan hipertensi terdiri dari terapi farmakologis dan terapi non farmakologis. Salah satu tata laksana terapi non farmakologis seperti olahraga senam jantung dan relaksasi nafas dalam. Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi olahraga senam jantung dan relaksasi nafas terhadap penurunan tekanan darah tinggi pada pasien penderita hipertensi di Puskesmas Curahnongko Kabupaten Jember. Desain pada penelitian ini Quasy eksperimen dengan jumlah sampel 40 responden yang dibagi dalam 20 kelompok kontrol dan 20 kelompok intervensi. Teknik pengambilan sampel menggunakan Non probality sampling jenis Sampling Purposive. Hasil penelitian pada kelompok kontrol tidak ada hasil yang signifikan. Pada kelompok intervensi ditemukan hasil signifikan pada minggu ke 3 pertemuan ke 2 p value (0,035) <0,05 yang artinya H1 diterima. Responden dengan hipertensi yang mendapat perlakuan senam jantung dan teknik relaksasi nafas dalam untuk mencapai target dalam menurunkan tekanan darah diperlukan waktu minimal 3 minggu dan dilakukan 1 minggu 2x tindakan sesuai hasil penelitian yang sudah dilakukan.

Kata kunci : Senam jantung; Relaksasi Nafas Dalam; Hipertensi;
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The combined effect a gymnastic exercise of the heart and relaxation little breathing space and hopefully in respect to a decrease in blood pressure high on of patients with hypertension at the puskesmas curahnongko kabupaten kabupaten jember, 2018

xv + 106 page + 1 schema + 5 table + 12 attachment

Abstract

Hypertension is a rise in blood pressure built with the sweat of normal. The treatment of hypertension consisting of administration of a pharmacological therapy and therapeutic non administration of a pharmacological. One of department of administration for non therapy administration of a pharmacological like a gym heart gymnastic and relaxation a deep breath. This study aims to in order to understand the the combined effect a gymnastic exercise of the heart and relaxation little breathing space and hopefully on reductions in the high blood pressure on a patient of diabetics he had seen hypertension at the Puskesmas Curahnongko Kabupaten Jember. A design on this research quasy of his experiments with 40 per cent of the sample respondents which were divided in 20 the control group and 20 a group of there has been significant intervention. The sample collection used non probality the sampling method of the type of the sampling method of purposive. The results of research on the control group no result significant .In the intervention found the results of significant on sunday to 3 meeting to 2 p value $(0,035) < 0.05$ which means h_1 accepted. Respondents with hypertension that has received special treatment heart gymnastic and techniques of relaxation his breath for to reach the target in lowering blood pressure it took at least three weeks and was conducted 1 on sunday 2x the act of conforming of research results that has been done

Keywords : *Cardiac Exercise; Breath relaxation techniques; Hypertention*

Referensi : *38 (2006 – 2017)*