

## Abstrak

### UNIVERSITAS MUHAMMADIYAH JEMBER PROGRAM ILMU KEPERAWATAN FAKULTAS ILMU KESEHATAN

Skripsi, Juli 2021

Nike Chandra Bella

Pengaruh Senam Ergonomik Terhadap Tekanan Darah Pada Penderita Hipertensi di Wilayah Kerja Puskesmas Pakusari, 2021.

Xvii + 58 hal + 1 bagan + 12 tabel + 22 lampiran

#### Abstrak

**Pendahuluan:** Hipertensi merupakan satu kondisi sebagaimana adanya kenaikan tekanan darah sistolik 140 mmHg bahkan lebih serta tekanan darah diastolik 90 mmHg maupun lebih. Senam ergonomik adalah gerakan yang sangat efektif, efisien, dan logis. Tujuan penelitian ini menganalisis pengaruh senam ergonomik terhadap tekanan darah pada penderita hipertensi di wilayah kerja Puskesmas Pakusari. **Metode:** Desain penelitian *quasi eksperimental* dengan pendekatan *pretest-posttest control group*. Populasi dalam penelitian ini adalah penderita hipertensi wanita dengan umur 45-54 tahun dan jumlah sampel 28 responden dengan pembagian 14 orang kelompok perlakuan dan 14 orang kelompok kontrol, pengambilan sampel menggunakan pendekatan *purposive sampling*. Analisa data dengan uji *Wilcoxon* ( $\alpha < 0.05$ ). **Hasil:** penelitian pada kelompok perlakuan menunjukkan rata-rata keseluruhan tekanan darah sistolik sebelum senam 149,24 mmHg dan diastolik 88.50 mmHg. Sedangkan hasil rata-rata tekanan darah sistolik setelah diberi senam pada kelompok perlakuan 146.97 mmHg dan diastolik 86.78 mmHg. Analisis pada kelompok perlakuan terhadap tekanan darah sistolik didapatkan  $\rho$  Value 0.001 dan tekanan darah diastolik didapatkan  $\rho$  Value 0.002 artinya ada pengaruh yang signifikan sebelum dan sesudah pemberian senam ergonomik. **Diskusi:** Penderita hipertensi disarankan melakukan senam ergonomik secara mandiri dan teratur yang dapat digunakan sebagai terapi non farmakologi.

**Kata kunci** : Hipertensi, Senam Ergonomik  
Daftar Pustaka: 37 (2010-2021)

## Abstract

### MUHAMMADIYAH UNIVERSITY JEMBER UNDERGRADUATE NURSERY STUDY PROGRAM FACULTY OF HEALTH SCIENCES

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Nike Chandra Bella

The Effect of Ergonomic Gymnastics on Blood Pressure in Hypertensive Patients in the Pakusari Health Center Working Area, 2021

Xvii + 58 pages + 1 chart + 12 table + 22 appendixes

#### Abstract

**Introduction:** Hypertension is a condition in which an increase in systolic blood pressure of 140 mmHg or more and diastolic blood pressure of 90 mmHg or more. Ergonomic gymnastics is a very effective, efficient and logical movement. The purpose of this study was to analyze the effect of ergonomic exercise on blood pressure in patients with hypertension in the work area of the Pakusari Public Health Center. **Method:** Design of this study was *quasi-experimental* with a *pretest-posttest control group* approach. The population in this study were female hypertension sufferers aged 45-54 years and the number of samples 28 respondents with the distribution of 14 people in the treatment group and 14 in the control group. The sample was taken using a *purposive* sampling approach, analysis of the data with the *Wilcoxon* test ( $\alpha < 0.05$ ). **Result:** the results of the study in the treatment group showed the overall average systolic blood pressure before exercise was 149.24 mmHg and diastolic 88.50 mmHg. Meanwhile, the average result of systolic blood pressure after being given exercise in the treatment group 146.97 mmHg and diastolic was 86.78 mmHg. Analysis of the treatment group on systolic blood pressure obtained *p value 0.001* and diastolic blood pressure obtained *p value* of 0.002 meaning that there was a significant effect before and after giving ergonomic exercise. **Discussion:** Patients with hypertension are advised to do ergonomic exercise independently and regularly which can be used as non-pharmacological therapy.

**Keywords** : Hypertension, Ergonomic Gymnastics

**Bibliography** : 37 (2010-2021)