

## Abstrak

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Gambaran *Isometric Handgrip Exercise* Terhadap Penurunan Tekanan Darah Pada Lansia Penderita Hipertensi Di Wilayah Desa Pekauman Kabupaten Bondowoso

### Abstrak

**Pendahuluan** : Semakin bertambahnya usia dan memasuki periode lansia menjadikan lansia mengalami masalah kesehatan salah satunya adalah hipertensi. Tatalaksana hipertensi bisa dilakukan secara farmakologis dan nonfarmakologis, Terapi non farmakologis yang dapat diberikan pada klien hipertensi adalah *isometric handgrip exercise*. Tujuan penelitian ini adalah untuk mengetahui pengaruh *Isometric handgrip exercise* terhadap penurunan tekanan darah lansia **Metode** : Jenis penelitian ini adalah analitik tipe pra eksperimen dengan menggunakan pendekatan *one group Pre-Post test Design*. Populasi dalam penelitian ini adalah semua lansia Desa Pekauman Kabupaten Bondowoso yang mengalami hipertensi berjumlah 96 Lansia, sampel yang digunakan sebanyak 73 responden dengan metode *simple random sampling* **Hasil penelitian**: Hasil penelitian diperoleh  $p\text{ value} = 0,000$ , nilai *positive ranks* antara hasil sebelum dan sesudah intervensi menunjukkan hasil 0 data positif ( $n$ ) yang artinya tidak ada responden yang mengalami kenaikan nilai MAP tekanan darah setelah diberikan intervensi *isometric handgrip exercise* **Kesimpulan** : *isometric hadgrip exercise* berpengaruh terhadap penurunan tekanan darah lansia **Saran**: diharapkan penelitian selanjutnya dapat meneliti lebih dalam dan spesifik terkait penelitian penurunan tekanan darah dengan kombinasi terapi *isometric handgrip exercise* dengan terapi lainnya.

**Kata Kunci** : Tekanan Darah, Lansia, *Isometric Handgrip Exercise*

**Abstract**

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*Description of Isometric Handgrip Exercise on Reducing Blood Pressure in Elderly People Suffering from Hypertension in the Pekauman Village Area, Bondowoso Regency.*

**ABSTRACT**

**Introduction:** As people get older and enter old age, elderly people experience health problems, one of which is hypertension. Management of hypertension can be done pharmacologically and non-pharmacologically. Non-pharmacological therapy that can be given to hypertensive clients is isometric hand grip training. The aim of this study was to determine the effect of isometric handgrip training on reducing blood pressure in the elderly. **Method:** This type of research is a pre-experimental analytical type with a one group Pre-Post test design approach. The population in this study were all elderly people in Pekauman Village, Bondowoso Regency who experienced hypertension, totaling 96 elderly people. The sample used was 73 respondents using the simple random sampling method. **Research Results:** The research results obtained  $p$  value = 0.000, the positive ranking value between the results before and after the intervention showed a result of 0 positive data ( $n$ ) which means that no respondents experienced an increase in the MAP blood pressure value after being given the drug. Isometric hand grip training intervention. **Conclusion:** isometric handgrip training has an effect on reducing blood pressure in the elderly. **Suggestion** It is hoped that future research can examine more deeply and specifically regarding research on reducing blood pressure by combining isometric handgrip training therapy with other therapies.

**Keywords:** Blood Pressure, Elderly, Isometric Hand Grip Exercise