

Abstrak
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XCV+ 95 hal + 11 tabel + 2 bagan + 7 Lampiran

Latar Belakang :

Hipertensi ialah keadaan ketika seseorang mengalami peningkatan tekanan darah diatas batas normal sistolik diastolic di atas 140/90. Hal ini menunjukkan bahwa hipertensi menjadi faktor resiko penyakit yang cukup berbahaya bagi kesehatan seseorang. Penyakit degeneratif, termasuk penyakit kardiovaskular yang telah menjadi masalah kesehatan masyarakat di Indonesia salah satunya hipertensi, penyakit degeneratif muncul karena berbagai faktor risiko, antara lain obesitas, usia lanjut, kebiasaan merokok dan riwayat keluarga.

Metode :

Jenis dan rancangan penelitian adalah penelitian kuantitatif dengan jenis penelitian pre eksperimen. Rancangan penelitian yang digunakan one group pre-test dan post-test design. Dalam penelitian ini karena jumlah populasi 33 maka seluruh populasi dijadikan sampel. Maka pada penelitian ini menggunakan metode pengambilan sampel non probability sampling (sample jenuh).

Hasil :

Dari hasil statistik didapatkan bahwa nilai p value 0,000 dapat diartikan pada alpha 5% maka dapat disimpulkan terdapat pengaruh yang kuat antara tekanan darah sistolik pada kelompok senam kecamatan Rowokngkung.

Kesimpulan :

Hasil penelitian ini menunjukkan bahwa tingkat tekanan darah pada penderita hipertensi sebelum dilakukan senam menunjukkan Sebagian besar berada pada tingkatan tinggi yaitu sebanyak 28 orang (84,8%), dan berada pada tingkatan normal yaitu sebanyak 26 orang (78,7%). Hasil penelitian pada penderita hipertensi di Kelompok Senam Kecamatan Rowokangkung menunjukkan hasil Analisa bahwa p value sebesar 0,000

Kata kunci :

Hipertensi, tekanan darah, senam sehat

Abstract

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XCV+ 95 pages + 11 tables + 2 charts + 7 Appendices

Background :

Hypertension is a condition when a person experiences an increase in blood pressure above the normal systolic-diastolic limit of above 140/90. This shows that hypertension is a risk factor for diseases that are quite dangerous for a person's health. Degenerative diseases, including cardiovascular disease, have become a public health problem in Indonesia, one of which is hypertension. Degenerative diseases arise due to various risk factors, including obesity, old age, smoking habits and family history.

Method :

The type and design of the research is quantitative research with a pre-experimental research type. The research design used was one group pre-test and post-test design. In this study, because the population was 33, the entire population was used as a sample. So this research uses a non-probability sampling method (saturated sample).

Results :

From the statistical results, it was found that a p value of 0.000 can be interpreted as an alpha of 5%, so it can be concluded that there is a strong influence between systolic blood pressure in the Rowokngkung sub-district exercise group.

Conclusion :

The results of this study showed that the blood pressure level in hypertension sufferers before exercise showed that the majority were at high levels, namely 28 people (84.8%), and were at normal levels, namely 26 people (78.7%). The results of research on hypertension sufferers in the Rowokangkung District Gymnastics Group showed that the p value was 0.000.

Keywords :

Hypertension, blood pressure, healthy exercise