

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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FAKULTAS ILMU KESEHATAN

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Dodik Dwi Hadiansah

Pengaruh Senam Terhadap Tekanan Darah Pada Lansia Hipertensi Di Upt Pelayanan Sosial Tresna Werdha Jember, 2021.

xvii + 66 hal + 1 bagan + 8 tabel + 9 lampiran

Abstrak

Pendahuluan: Hipertensi adalah suatu keadaan dimana seseorang mengalami peningkatan tekanan darah di atas normal yang mengakibatkan peningkatan angka kesakitan (morbiditas) dan angka kematian (mortalitas). Hipertensi pada lansia didefinisikan dengan tekanan sistolik di atas 140 mmHg dan tekanan diastolik diatas 90 mmHg. Senam merupakan olah raga yang salah satunya bertujuan untuk meningkatkan aliran darah dan pasokan oksigen ke dalam otot-otot dan rangka yang aktif khususnya otot jantung sehingga dapat menurunkan tekanan darah. Tujuan penelitian ini adalah untuk mengetahui pengaruh senam terhadap tekanan darah lansia dengan hipertensi di di UPT panti social tresna werdha jember Tahun 2021. Metode penelitian ini menggunakan metode rancangan pra-eksperimen, one group pretest-posttest. Jumlah sampel 39 orang yang diambil dengan teknik Purposive Sampling. Pengumpulan data dengan observasi tekanan darah sebelum dan sesudah intervensi, yang dilakukan tiga kali dalam tiga minggu. Data tekanan darah dianalisa menggunakan paired sampel t-test dengan $\alpha < 0,05$. Hasil penelitian menunjukkan rata-rata tekanan darah sistolik sebelum senam lansia 161,03 mmHg, diastolik 93,54 mmHg dan rata-rata tekanan darah sistolik sesudah senam lansia 150,77 mmHg, diastolik 82,05 mmHg. Hasil uji paired sampel t-test didapatkan $p=0,000 < \alpha=0,05$ sehingga H_0 ditolak H_1 diterima. Kesimpulan pada penelitian ini adalah ada pengaruh yang signifikan senam terhadap tekanan darah lansia dengan hipertensi di UPT panti social tresna werdha jember Tahun 2021. Saran bahwa senam lansia dapat menjadi alternatif senam yang dapat diberikan pada lansia yang mengikuti program Prolanis maupun kegiatan olahraga lain.

Kata Kunci: Senam, Tekanan Darah, lansia hipertensi
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Abstract

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The Effect Of Gymnastics On Blood Pressure In The Elderly With Hypertension In Tresna Werdha Jember Social Service Unit.

xvii + 66 pages + 1 diagram + 8 tables + 9 attachments

Abstract

Introduction: Hypertension is a condition in which a person experiences an increase in blood pressure above normal which results in increased morbidity and mortality. Hypertension in the elderly is defined as a systolic pressure above 140 mmHg and a diastolic pressure above 90 mmHg. Hypertension exercise is a sport, one of which aims to increase blood flow and oxygen supply to active muscles and skeletons, especially the heart muscle so that it can lower blood pressure. The purpose of this study was to determine the effect of elderly hypertension exercise on the blood pressure of the elderly with hypertension in the Social Home Institution of Tresna Werdha Jember in 2021. This research method used a pre-experimental design method, one group pretest-posttest. The number of samples was 39 people who were taken using purposive sampling technique. Data collection by observation of blood pressure before and after the intervention, which was carried out three times in three weeks. Blood pressure data were analyzed using paired sample t-test with $\alpha < 0.05$. The results showed that the average systolic blood pressure before elderly hypertension exercise was 161.03 mmHg, 93.54 mmHg diastolic and the average systolic blood pressure after elderly hypertension exercise 150.77 mmHg, 82.05 mmHg diastolic. The results of the paired sample t-test obtained $p = 0.000 < \alpha = 0.05$ so that H_0 is rejected H_1 is accepted. The conclusion in this study is that there is a significant effect of elderly hypertension exercise on the blood pressure of the elderly with hypertension at the Jember Social Care Institution of Social Institution in Jember in 2021. Suggestions that elderly hypertension exercise can be an alternative exercise that can be given to the elderly who participate in the Prolanis program and other sports activities.

Keywords: Gymnastics, Blood Pressure, Hypertensive Erderly

Bibliographi 20 (2010-2020)