

ABSTRAK

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Implementasi Penerapan *Brisk Walking Exercise* Terhadap Tekanan Darah Pada Keluarga dengan Klien Hipertensi Di Desa Sukorambi

Xv + 98 halaman + 15 tabel + 1 gambar + 10 lampiran

ABSTRAK

Pendahuluan: Hipertensi merupakan penyakit tidak menular yang menjadi faktor risiko utama berbagai komplikasi kardiovaskular apabila tidak dikendalikan secara optimal. Salah satu intervensi nonfarmakologis yang dapat diterapkan melalui asuhan keperawatan keluarga adalah *Brisk Walking Exercise* untuk membantu mengendalikan tekanan darah sekaligus meningkatkan peran keluarga dalam perawatan. **Tujuan:** Mendeskripsikan implementasi *Brisk Walking Exercise* sebagai intervensi nonfarmakologis dalam upaya menurunkan tekanan darah serta mengevaluasi hasil penerapannya pada keluarga dengan klien hipertensi. **Metode:** Penelitian ini menggunakan desain studi kasus dengan pendekatan asuhan keperawatan keluarga pada tiga keluarga dengan anggota keluarga yang menderita hipertensi di Desa Sukorambi, Kabupaten Jember. Intervensi dilakukan selama tiga kali kunjungan melalui lima tugas kesehatan keluarga yang meliputi pengkajian, edukasi, demonstrasi, pendampingan *Brisk Walking Exercise*, dan evaluasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, serta pengukuran tekanan darah menggunakan sfigmomanometer. **Hasil:** Implementasi *Brisk Walking Exercise* menunjukkan adanya penurunan tekanan darah pada seluruh responden setelah intervensi. Selain itu, kemampuan keluarga dalam mengenali masalah hipertensi, mendampingi pelaksanaan latihan, memantau tekanan darah, serta memanfaatkan fasilitas pelayanan kesehatan juga mengalami peningkatan. **Kesimpulan:** *Brisk Walking Exercise* yang diterapkan melalui asuhan keperawatan keluarga berpotensi menjadi intervensi nonfarmakologis untuk membantu mengendalikan tekanan darah sekaligus meningkatkan kemandirian keluarga dalam pengelolaan hipertensi.

Kata kunci: *Brisk Walking Exercise*, pasien hipertensi, tekanan darah, terapi nonfarmakologis.

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Implementation of Brisk Walking Exercise on Blood Pressure in Patients with Hypertension in Sukorambi Village

XV + 98 pages + 15 tables + 1 figure + 10 appendices

ABSTRACT

Background: Hypertension was a non-communicable disease that posed a significant risk of cardiovascular complications if it was not properly controlled. One of the non-pharmacological interventions that could be implemented through family nursing care was Brisk Walking Exercise, which helped control blood pressure while enhancing the family's role in hypertension management. **Objective:** This study aimed to describe the implementation of Brisk Walking Exercise as a non-pharmacological intervention to reduce blood pressure and to evaluate its outcomes among families with hypertensive clients. **Methods:** This study employed a case study design using a family nursing care approach involving three families with hypertensive members in Sukorambi Village, Jember Regency. The intervention was implemented over three home visits based on the five family health tasks, including assessment, health education, demonstration, supervised Brisk Walking Exercise, and evaluation. Data were collected through interviews, observations, physical examinations, and blood pressure measurements using a sphygmomanometer. **Results:** The implementation of Brisk Walking Exercise resulted in reduced blood pressure in all participants following the intervention. In addition, the families demonstrated improved abilities to recognize hypertension-related problems, assist with exercise implementation, monitor blood pressure, and utilize available healthcare services. **Conclusion:** The implementation of Brisk Walking Exercise through family nursing care demonstrated its potential as a non-pharmacological intervention to help control blood pressure while improving family independence in hypertension management.

Keywords: blood pressure, Brisk Walking Exercise, family nursing care, hypertension, non-pharmacological intervention.