

ABSTRAK

Pengaruh Jalan Kaki Tiga Puluh Menit Terhadap Tekanan Darah Pada Remaja Di Program Studi Sarjana Keperawatan Universitas Muhammadiyah Pekajangan Pekalongan

Eka Zuliatun Nurbaeti, Emi Nurlaela

Latar Belakang: Rendahnya aktivitas fisik menjadi salah satu faktor risiko meningkatnya tekanan darah pada remaja. Jalan kaki selama tiga puluh menit merupakan aktivitas fisik sederhana yang mudah dilakukan dan berpotensi membantu mengendalikan tekanan darah. Penelitian ini bertujuan untuk mengetahui pengaruh jalan kaki tiga puluh menit terhadap tekanan darah pada remaja.

Metode: Penelitian ini merupakan penelitian kuantitatif menggunakan desain *pre experimental* dengan rancangan *one group pretest-posttest design*. Sampel pada penelitian mahasiswa semester satu di Program Studi Sarjana Keperawatan Universitas Muhammadiyah Pekajangan Pekalongan. Teknik pengambilan sampel *purposive sampling* jumlah 30 responden. Intervensi berupa jalan kaki tiga puluh menit selama tiga kali berturut-turut. Pengukuran tekanan darah sebelum dan lima menit sesudah intervensi menggunakan tensimeter digital. Analisis data menggunakan uji *paired t-test*.

Hasil: Rerata tekanan darah sistolik sebelum intervensi adalah 114,30 mmHg dan sesudah 111,23 mmHg. Uji *paired t-test* menunjukkan adanya pengaruh terhadap tekanan darah sistolik ($p < 0,05$). Sedangkan pada tekanan darah diastolik sebelum intervensi 81,70 mmHg dan sesudah intervensi 79,43 mmHg, namun hasil uji statistik menunjukkan tidak terdapat pengaruh terhadap tekanan darah diastolik ($p > 0,05$).

Simpulan: Jalan kaki tiga puluh menit berpengaruh terhadap tekanan darah sistolik pada remaja, namun tidak berpengaruh terhadap tekanan darah diastolik. Aktivitas jalan kaki dapat direkomendasikan sebagai salah satu upaya nonfarmakologis dalam menjaga kestabilan tekanan darah pada remaja.

Kata Kunci: Jalan kaki, Tekanan darah, Remaja

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ABSTRACT

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The Effect of Thirty-Minute Walking on Blood Pressure in Adolescents at the Bachelor of Nursing Study Program, Universitas Muhammadiyah Pekajangan Pekalongan

Background: Low levels of physical activity constitute one of the primary risk factors contributing to elevated blood pressure among adolescents. Thirty minutes of walking represents a simple and accessible form of physical activity with the potential to assist in blood pressure regulation. This study aimed to examine the effect of thirty-minute walking on blood pressure in adolescents.

Methods: This study employed a quantitative research approach utilizing a preexperimental design with a one-group pretest and post-test design. The study sample consisted of first-semester undergraduate students enrolled in the Bachelor of Nursing Study Program at Universitas Muhammadiyah Pekajangan Pekalongan. Purposive sampling was applied as the sampling technique, yielding a total of 30 respondents. The intervention consisted of thirty minutes of walking performed on three consecutive occasions. Blood pressure measurements were conducted before and five minutes after each intervention session using a digital sphygmomanometer. Data analysis was performed using the paired t-test.

Result: The mean systolic blood pressure prior to the intervention was 114.30 mmHg, which decreased to 111.23 mmHg following the intervention. The paired ttest revealed a statistically significant effect on systolic blood pressure ($p < 0.05$). With respect to diastolic blood pressure, the mean value before the intervention was 81.70 mmHg and 79.43 mmHg after the intervention; however, the statistical analysis indicated no significant effect on diastolic blood pressure ($p > 0.05$).

Conclusion: Thirty-minute walking demonstrated a significant effect on systolic blood pressure in adolescents, yet did not produce a statistically significant effect on diastolic blood pressure. Walking activity may be recommended as a nonpharmacological measure for maintaining blood pressure stability among the adolescent population.

Keywords: Adolescents, Blood pressure, Walking

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