

ABSTRAK

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Penerapan Senam Hipertensi Terhadap Penurunan Tekanan Darah Pada Kelompok Hipertensi Di Desa Sembungjambu Kecamatan Bojong Kabupaten Pekalongan

Latar Belakang : Penyakit hipertensi dapat menjadi penyebab seseorang mengalami kematian dengan keluhan dan tanpa keluhan karena penyakit ini sering disebut sebagai *silent killer*. Seorang yang menderita hipertensi bila angka *sistole* mencapai ≥ 140 mmHg dan *diastole* ≥ 90 mmHg. Hipertensi dapat dicegah dan dikontrol dengan terapi farmakologis maupun nonfarmakologis. Salah satu terapi farmakologis dengan meminum obat penurun tekanan darah dan terapi nonfarmakologis dapat dengan melakukan aktivitas fisik seperti senam hipertensi.

Metode : Studi kasus pada agregat hipertensi dengan penerapan senam hipertensi berdasarkan *evidence based nursing*. Penerapan dilakukan pada 10 orang yang mengalami hipertensi. Instrument yang digunakan dalam mengukur tekanan darah yaitu *sphygmomanometer* dan SOP senam hipertensi. Senam hipertensi dilakukan selama 3 kali pertemuan.

Hasil : Hasil penelitian menunjukkan bahwa terjadi penurunan tekanan darah secara konsisten setelah diberikan senam hipertensi selama tiga kali pertemuan. Rata-rata tekanan darah pre adalah 154/88 mmHg, dan post menjadi 139/82 mmHg. Didapat rata-rata penurunan sistolik 15 mmHg, dan diastolik 6 mmHg selama tiga kali pertemuan.

Simpulan : Senam hipertensi dapat menurunkan tekanan darah pada anggota kelompok yang mengalami hipertensi di Desa Sembungjambu, selama tiga kali pertemuan dengan hasil rata-rata tekanan darah Pre 154/88 mmHg, dan post 139/82 mmHg. Dengan rata-rata penurunan sistolik 15 mmHg, dan diastolik 6 mmHg.

Kata kunci : Hipertensi, penurunan tekanan darah, senam hipertensi

ABSTRACT

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The Implementation of Hypertension Exercise to Reduce Blood Pressure Among a Hypertension Group in Sembungjambu Village, Bojong District, Pekalongan Regency

Introduction: Hypertension is one of the leading causes of death, both with and without symptoms, and is therefore well-known as a silent killer. A person is considered to have hypertension when his systolic blood pressure is ≥ 140 mmHg and his diastolic blood pressure is ≥ 90 mmHg. Hypertension can be prevented and controlled through both pharmacological and non-pharmacological therapies. Pharmacological therapies include the use of antihypertensive medication, while non-pharmacological therapies include physical activities such as hypertension exercise.

Methods: This study used a case study design involving a hypertension group through the implementation of hypertension exercise based on evidence-based nursing. The intervention was carried out on 10 participants with hypertension. Blood pressure was measured using a sphygmomanometer, and the intervention followed the standard operating procedure for hypertension exercise. The exercise was conducted for three sessions.

Results: The results showed a consistent reduction in blood pressure after the participants completed three sessions of the exercise. The mean pre-intervention blood pressure was 154/88 mmHg, which decreased to 139/82 mmHg after the intervention. The mean reduction in systolic blood pressure was 15 mmHg, while the mean reduction in diastolic blood pressure was 6 mmHg after.

Conclusion: Hypertension exercise reduced blood pressure among members of the hypertension group in Sembungjambu Village after three sessions. The mean blood pressure decreased from 154/88 mmHg before the intervention to 139/82 mmHg after the intervention, with a mean reduction of 15 mmHg in systolic blood pressure and 6 mmHg in diastolic blood pressure.

Keywords: *blood pressure reduction, hypertension, hypertension exercis*

