

EFEKTIFITAS SENAM PROLANIS DAN TERAPI MEDITASI TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI PUSKESMAS PACE NGANJUK

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ABSTRAK

Tekanan Darah Tinggi (hipertensi) adalah suatu peningkatan tekanan darah di dalam arteri. Tujuan penelitian ini adalah untuk mengetahui senam prolanis dan terapi meditasi dalam menurunkan tingkat tekanan darah pada lansia di puskesmas pace nganjuk. Dalam penelitian ini menggunakan desain penelitian Pre-experimental design dengan studi penelitian One group pre-test – post test design artinya sebelum diberi perlakuan variable diobservasi/ diukur terlebih dahulu (pre-test) setelah itu dilakukan treatment / perlakuan dan setelah treatment dilakukan pengukuran / observasi (post-test) dengan sebanyak 42 Responden. Instrumen penelitian ini didapat dari lembar Observasi tekanan darah. Berdasarkan hasil penelitian menunjukkan bahwa lansia hipertensi sebelum di berikan terapi senam prolanis dan terapi meditasi yang awalnya hipertensi tingkat 2 sebanyak 33 responden (78,57%) menjadi hipertensi tingkat 1 yaitu sebanyak 27 (64,28%) sesudah di berikan terapi senam prolanis dan terapi meditasi. Berdasarkan Hasil *uji Wilcoxon* menunjukkan hasil output “ test statistics” diketahui asymp.sig (2-tailed) atau nilai p bernilai 0,000. Karena nilai 0,000 lebih kecil dari $<0,05$, maka dapat disimpulkan bahwa “ hipotesis diterima” yang artinya bahwa senam untuk lansia dan terapi meditasi dapat menurunkan tekanan darah dengan cara-cara yang berbeda tetapi saling melengkapi. Senam meningkatkan kesehatan kardiovaskular dan yang dapat mengurangi ketegangan pembuluh darah, sementara meditasi membantu menurunkan stres emosional dan meningkatkan keseimbangan tubuh, keduanya berkontribusi untuk menurunkan tekanan darah secara efektif.

Kata Kunci: Hipertensi,Lansia,Senam Prolanis Dan Terapi Meditasi

***EFFECTIVENESS OF PROLANIS EXERCISE AND MEDITATION THERAPY
ON REDUCING BLOOD PRESSURE IN HYPERTENSION PATIENTS AT PACE
COMMUNITY HEALTH CENTER, NGANJUK***

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ABSTRACT

High Blood Pressure (hypertension) is an increase in blood pressure in the arteries. The purpose of this study was to determine prolanis gymnastics and meditation therapy in lowering blood pressure levels in the elderly at the Pace Nganjuk Health Center. This study used a Pre-experimental design with a One group pre-test - post-test design research study, meaning that before being given treatment, the variables were observed / measured first (pre-test) after that treatment / treatment was carried out and after treatment, measurements / observations were carried out (post-test) with 42 respondents. This research instrument was obtained from the blood pressure observation sheet. Based on the results of the study, it showed that elderly hypertension before being given prolanis gymnastics therapy and meditation therapy, which was initially grade 2 hypertension as many as 33 respondents (78.57%) became grade 1 hypertension as many as 27 (64.28%) after being given prolanis gymnastics therapy and meditation therapy. Based on the results of the Wilcoxon test, the output results of the "test statistics" were known to be asymp.sig (2- talled) or the p value was 0.000. Since the value of 0.000 is smaller than <0.05 , it can be concluded that "the hypothesis is accepted" which means that exercise for the elderly and meditation therapy can lower blood pressure in different but complementary ways. Exercise improves cardiovascular health and can reduce blood vessel tension, while meditation helps reduce emotional stress and improves body balance, both of which contribute to lowering blood pressure effectively.

Keywords: *Hypertension, Elderly, Prolanis Exercise and Meditation Therapy.*