

ABSTRAK

PENGARUH SENAM TERA DAN JALAN SANTAI TERHADAP TEKANAN DARAH PADA LANSIA DENGAN HIPERTENSI DI POSYANDU LANSIA KARTINI KELURAHAN TOSAREN KOTA KEDIRI

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Latar Belakang : Kurangnya pengetahuan lansia terhadap manfaat dan tujuan melakukan senam tera dan jalan santai menjadi salah satu masalah penyebab meningkatnya tekanan darah pada lansia. Tujuan penelitian ini adalah untuk mengetahui pengaruh senam tera dan jalan santai terhadap tekanan darah pada lansia dengan hipertensi di Posyandu Lansia Kartini Kelurahan Tosaren Kota Kediri.

Metode : Desain penelitian ini adalah *one group pre-post test design* dengan pendekatan *pra eksperimental*. Responden diambil dengan teknik *purposive sampling*. Populasi sebanyak 50 orang dengan sampel sebanyak 35 orang yang memenuhi kriteria inklusi dan eksklusi. Variabel independen adalah senam tera dan jalan santai dan variabel dependen adalah tekanan darah pada lansia dengan hipertensi. Hasil uji statistik menggunakan *wilcoxon test*.

Hasil : Hasil penelitian menunjukkan bahwa tekanan darah pada lansia sebelum pemberian senam tera diketahui sebagian besar responden sebanyak 25 (71.4%) dalam kategori hipertensi dan setelah pemberian senam tera hampir seluruh responden sebanyak 32 (91.4%) dalam kategori normal. Tekanan darah pada lansia sebelum pemberian jalan santai diketahui hampir seluruh responden sebanyak 29 (82.9%) dalam kategori hipertensi dan setelah pemberian jalan santai diketahui hampir seluruh responden sebanyak 31 (88.6%) dalam kategori normal.

Analisis : Hasil analisa data menunjukkan bahwa ada pengaruh senam tera dan jalan santai terhadap tekanan darah pada lansia dengan hipertensi diperoleh nilai p value senam tera $0,000 < \alpha = 0,05$ dan jalan santai $0,000 < \alpha = 0,05$.

Kesimpulan : Berdasarkan hasil penelitian maka disimpulkan bahwa senam tera dan jalan santai efektif dalam menurunkan tekanan darah lansia dengan hipertensi.

Kata Kunci : Hipertensi, Jalan Santai, Lansia, Senam Tera, Tekanan Darah

ABSTRACT

THE EFFECT OF TERA EXERCISES AND RELAXING WALKING ON BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION AT POSYANDU ELDERLY KARTINI TOSAREN VILLAGE KEDIRI CITY

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Introduction : The elderly's lack of knowledge regarding the benefits and purpose of doing exercise and leisurely walking is one of the problems causing increased blood pressure in the elderly. The aim of this study was to determine the effect of tera exercise and leisurely walking on blood pressure in elderly people with hypertension at the Kartini Elderly Posyandu, Tosaren Village, Kediri City.

Method : The design of this study was a one group pre-post test design with a pre-experimental approach. Respondents were taken using a purposive sampling technique. The population was 50 people with a sample of 35 people who met the inclusion and exclusion criteria. The independent variables were tera gymnastics and leisurely walking and the dependent variable was blood pressure in the elderly with hypertension. The results of the statistical test used the Wilcoxon test.

Results : The results of the study showed that blood pressure in the elderly before the provision of tera gymnastics was known by most respondents as many as 25 (71.4%) in the hypertension category and after the provision of tera gymnastics almost all respondents as many as 32 (91.4%) were in the normal category. Blood pressure in the elderly before the provision of a leisurely walk was known by almost all respondents as many as 29 (82.9%) in the hypertension category and after the provision of a leisurely walk it was known by almost all respondents as many as 31 (88.6%) in the normal category.

Analysis : The results of data analysis show that there is an influence of tera exercise and leisurely walking on blood pressure in elderly people with hypertension. The p value of tera exercise is $0.000 < \alpha = 0.05$ and leisure walking is $0.000 < \alpha = 0.05$.

Discussion : Based on the research results, it was concluded that exercise and leisurely walking were effective in lowering blood pressure in elderly people with hypertension.

Keywords : Hypertension, Leisurely Walk, Elderly, Tera Gymnastics, Blood Pressure