

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
FAKULTAS ILMU KESEHATAN
PROGRAM STUDI S1 ILMU KEPERAWATAN**

**Skripsi, Juni 2024
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**PENGARUH SENAM HIPERTENSI TERHADAP PENURUNAN
TEKANAN DARAH PADA PESERTA PROLANIS DI WILAYAH KERJA
PUSKESMAS CIDOLOG KABUPATEN CIAMIS**

ABSTRAK

xii+94halaman+11tabel+20lampiran.

Hipertensi merupakan salah satu masalah kesehatan yang dapat memicu penyakit jantung dan stroke, yang sering sering dijumpai pada lansia dan penatalaksanaan hipertensi dapat berupa non farmakologi atau pendamping seperti senam hipertensi. Tujuan penelitian untuk mengetahui pengaruh senam hipertensi terhadap penurunan tekanan darah pada peserta PROLANIS di wilayah kerja Puskesmas Cidolog Kabupaten Ciamis. Metode penelitian yang digunakan dalam penelitian ini yaitu eksperimental dengan metode *pre-test dan post-test one grup design*, populasi dari penelitian ini yaitu seluruh lansia di wilayah kerja Puskesmas Cidolog yang menderita hipertensi dan sampel penelitian ini yaitu lansia anggota prolanis yang berjumlah 25 orang dan menggunakan uji paired T-test dan uji Wilcoxon. Hasil penelitian sebelum diberikan senam hipertensi rata-rata tekanan darah sistolik responden sebesar 169.36 mmHg dan diastolik sebesar 87.12 mmHg sedangkan setelah diberikan senam hipertensi rata-rata tekanan darah sistolik responden sebesar 156.64 mmHg dan diastolik sebesar 81.48 mmHg. Senam hipertensi mampu mendorong jantung bekerja secara optimal, dimana senam hipertensi mampu meningkatkan kebutuhan energi sehingga saraf simpatis menurun dan menyebabkan denyut jantung menurun dan mengakibatkan penurunan curah jantung sehingga menyebabkan penurunan tekanan darah setelah melakukan senam hipertensi selama 4 kali dalam 1 minggu. Kesimpulan senam hipertensi jika dilakukan dengan urutan yang benar dan waktu yang rutin efektif menurunkan tekanan darah karena senam hipertensi bertujuan untuk meningkatkan pasokan oksigen ke otot jantung. Saran senam hipertensi jika dilakukan dengan urutan yang tepat dapat menurunkan tekanan darah dan untuk waktunya lebih baik dilakukan di pagi hari.

Kata kunci : Lansia dengan hipertensi, Senam Hipertensi
Kepustakaan : (2013-2020) jumlah 35

**UNIVERSITY OF MUHAMMADIYAH TASIKMALAYA
FACULTY OF HEALTH SCIENCES
S1 NURSING STUDY PROGRAM**

**Thesis, June 2024
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**THE EFFECT OF HYPERTENSION GYMNASTICS ON BLOOD
PRESSURE REDUCTION IN PROLANIS PARTICIPANTS IN THE
WORKING AREA OF CIDOLOG HEALTH CENTER, CIAMIS REGENCY**

ABSTRACT

xii+94pages+11tables+20appendices.

Hypertension is one of the health problems that can trigger heart disease and stroke, which is often found in the elderly and hypertension management can be in the form of non-pharmacological or companion exercises such as hypertension exercises. The purpose of the study was to determine the effect of hypertension gymnastics on blood pressure reduction in PROLANIS participants in the working area of the Cidolog Health Center, Ciamis Regency. The research method used in this study is experimental with the pre-test and post-test methods of one group design, the population of this study is all elderly people in the working area of the Cidolog Health Center who suffer from hypertension and the sample of this study is the elderly members of the prolanis which totals 25 people and uses the paired t-test and wilxocon test. The results of the study before being given hypertension exercises were that the average systolic blood pressure of the respondents was 169.36 mmHg and diastolic was 87.12 mmHg, while after being given hypertension exercises, the average systolic blood pressure of the respondents was 156.64 mmHg and diastolic was 81.48 mmHg. Hypertensive gymnastics is able to encourage the heart to work optimally, where hypertensive gymnastics is able to increase energy needs so that sympathetic nerves decrease and cause the heart rate to decrease and result in a decrease in cardiac output so that it causes a decrease in blood pressure after doing hypertensive exercises for 4 times in 1 week. Conclusion Hypertension gymnastics if done in the correct sequence and at regular time is effective in lowering blood pressure because hypertension gymnastics aims to increase the supply of oxygen to the heart. Hypertension gymnastics advice if done in the right order can lower blood pressure and for the time it is better to do it in the morning.

Keywords : *Elderly with hypertension, Hypertension Gymnastics*

Literature : *(2013-2020) total 35*