

UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
FAKULTAS ILMU KESEHATAN
PROGRAM STUDI S1-KEPERAWATAN
Skripsi (*Literatur Review*), Juni 2021

Dini Andini
NIM : C1614201043

ABSTRAK

**PENGARUH SENAM PROLANIS TERHADAP PENURUNAN
TEKANAN DARAH PADA PASIEN HIPERTENSI**

Hipertensi merupakan suatu kondisi dimana seseorang mengalami kenaikan tekanan darah diatas normal yang dapat menimbulkan tingginya angka kesakitan (morbiditas) serta angka kematian (mortalitas). Apabila seseorang dinyatakan menderita hipertensi, berarti memiliki tekanan arteri rata-rata lebih besar dari batas normal. Salah Satu terapi komplementer yaitu dengan melakukan senam prolanis untuk menurunkan tekanan darah. **Tujuan** penelitian ini untuk mengetahui pengaruh senam prolanis terhadap penurunan tekanan darah pada pasien hipertensi. **Desain penelitian** ini adalah *literature review* dengan menggunakan *search engine Google Scholar*, portal Garuda. **Sampel** dalam penelitian ini sebanyak 9 jurnal yang memenuhi kriteria inklusi dan eksklusi. **Hasil** berdasarkan telaah jurnal sebanyak 8 jurnal menunjukkan bahwa terdapat pengaruh senam prolanis terhadap penurunan tekanan darah pada pasien hipertensi dan 1 jurnal menyatakan bahwa senam prolanis juga berpengaruh terhadap gula darah sewaktu. **Kesimpulan:** dari penelitian Literatur review menunjukkan bahwa senam prolanis berpengaruh terhadap penurunan tekanan darah pada pasien hipertensi. **Saran :** Diharapkan literature review ini dapat menjadi referensi bagi penelitian selanjutnya dan dapat memberikan intervensi juga metode yang berbeda untuk membandingkan adanya penurunan tekanan darah.

Kata Kunci : Senam Prolanis , Hipertensi.

Pustaka : 37 (2012-2020)

MUHAMMADIYAH UNIVERSITY TASIKMALAYA
FACULTY OF HEALTH SCIENCES
S1-NURSING STUDY PROGRAM
Thesis (Literature Review), Juni 2021

Dini Andini
NIM : C1614201043

ABSTRACT

**THE EFFECT OF PROLANIS GYMNASTICS ON THE DECLINE
OF BLOOD PRESSURE IN HYPERTENSIVE PATIENTS**

Hypertension was a condition in which a person experiences an above-normal increase in blood pressure that could've lead to high rates of pain (morbidity) and death rates (mortality). If a person was diagnosed with hypertension, it means that the average arterial pressure was greater than the normal limit. One of the complementary therapies was to did prolanis gymnastics to lowered blood pressure. The purpose of this studied was to determine the influence of gymnastics prolanis on blood pressure reduction in hypertensive patients. Researched design was literature review used searched engines, google scholar, garuda portal. Samples in this studied was 9 journals that met the criteria for inclusion and exclusion. Results based on the studied of 8 journals showed that there was an influence of prolanis gymnastics on blood pressure reduction in hypertensive patients and 1 journal states that prolanis gymnastics also affects blood sugar during. The conclusion of the studied literature review shows that prolanis gymnastics had an effect on the decrease in blood pressure in hypertensive patients. It was hoped that this literature review could've been a reference for further researched and could've provided interventions as well as different methods to compare the presence of a decrease in blood pressure.

Keywords: Gymnastics Prolanis , Hypertension.

Library : 37 (2012-2020)