

ABSTRAK

PERUBAHAN TEKANAN DARAH BERDASARKAN FREKUENSI SENAM PADA LANSIA HIPERTENSI DI POSYANDU LANSIA DESA PAYAMAN KECAMATAN SOLOKURO KABUPATEN LAMONGAN

Oleh: Siti Maisaroh

Hipertensi adalah suatu keadaan terjadinya peningkatan tekanan darah yang tidak normal sistolik lebih dari 140 mmHg dan diastolik lebih dari 90 mmHg. Hipertensi dapat diatasi menggunakan farmakologis dan non farmakologis salah satunya dengan senam lansia. Senam lansia merupakan serangkaian gerak nada yang teratur dan terarah serta terencana yang diikuti oleh orang lanjut usia dalam bentuk latihan fisik yang berpengaruh terhadap kemampuan fisik lansia. Tujuan Penelitian ini untuk mengetahui perubahan tekanan darah berdasarkan frekuensi senam pada lansia hipertensi di Posyandu Lansia Desa Payaman Lamongan.

Jenis penelitian ini menggunakan metode penelitian deskriptif dengan pendekatan cross sectional. Besar sampel pada penelitian ini yaitu 53 orang dengan Teknik *non probability* sampling dengan *purposive sampling*. Pengumpulan data dilakukan dengan cara pengukuran tekanan darah dilakukan oleh peneliti sebelum melakukan senam lansia dan sesudah melakukan senam lansia dan nilai hasil pengukuran tekanan darah diisi oleh peneliti dalam lembar observasi.

Hasil penelitian ini menunjukkan bahwa sebelum melakukan senam lansia hampir setengahnya lansia mengalami hipertensi tingkat 1 (39,6%), Sebagian besar hipertensi tingkat 2 (60,4%) dan sesudah melakukan senam lansia hampir setengahnya normal (34,0%), hampir setengahnya pre hipertensi (47,2%) dan Sebagian kecil hipertensi tingkat 1 (18,9%).

Diharapkan lansia hipertensi lebih aktif dan rutin dalam mengikuti kegiatan senam lansia yang diadakan di Balai Desa Payaman sebagai salah satu alternatif pelaksanaan terapi non-farmakologi untuk membantu menurunkan tekanan darah pada lansia hipertensi.

Kata Kunci : Hipertensi, senam lansia, lansia

ABSTRACT

CHANGES IN BLOOD PRESSURE BASED ON THE FREQUENCY OF GYMNASTICS IN HYPERTENSIVE ELDERLY AT THE ELDERLY POSYANDU, PAYAMAN VILLAGE, SOLOKURO DISTRICT, LAMONGAN REGENCY

By: Siti Maisaroh

Hypertension is a condition of abnormally elevated systolic blood pressure of more than 140 mmHg and diastolic more than 90 mmHg. Hypertension can be overcome using pharmacological and non-pharmacological, one of which is elderly gymnastics. Elderly gymnastics is a series of regular and directed and planned tone movements that are followed by elderly people in the form of physical exercise that affects the physical abilities of the elderly. The purpose of this study was to determine changes in blood pressure based on the frequency of gymnastics in hypertensive elderly at the Posyandu Lansia Desa Payaman Lamongan.

This type of research uses descriptive research methods with a cross sectional approach. The sample size in this study was 53 people with *non-probability* sampling techniques with *purposive sampling*. Data collection is carried out by measuring blood pressure carried out by researchers before doing elderly gymnastics and after doing elderly gymnastics and the value of blood pressure measurement results is filled in by researchers in observation sheets.

The results of this study showed that before doing elderly gymnastics almost half of the elderly had level 1 hypertension (39.6%), most of the hypertension was level 2 (60.4%) and after doing elderly gymnastics almost half were normal (34.0%), almost half were pre-hypertensive (47.2%) and a small part of grade 1 hypertension (18.9%).

It is expected that hypertensive elderly will be more active and routine in participating in elderly gymnastics activities held at Payaman Village Hall as an alternative to the implementation of non-pharmacological therapy to help lower blood pressure in hypertensive elderly.

Keywords : Hypertension, elderly gymnastics, elderly