

ABSTRAK

“Hubungan Frekuensi Senam Aerobik Terhadap Tekanan Darah Pada Penderita Hipertensi Di Desa Jombok Kecamatan Ngoro Kabupaten Jombang”

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Hipertensi adalah suatu keadaan peningkatan tekanan sistolik ≥ 140 mmHg dan tekanan darah diastolik ≥ 90 mmHg karena disebabkan oleh kondisi yang kompleks tanpa disertai gejala yang jelas. Salah satu penyebab peningkatan tekanan darah yaitu kurangnya berolahraga. Kesadaran masyarakat akan pentingnya berolahraga secara teratur masih dianggap kurang, hal ini disebabkan karena kemalasan dan kesibukan akan padatnya aktivitas. Tujuan penelitian ini adalah mengetahui hubungan frekuensi senam aerobik terhadap tekanan darah pada penderita hipertensi di Desa Jombok Kecamatan Ngoro Kabupaten Jombang.

Jenis penelitian yang digunakan adalah kuantitatif dengan rancangan penelitian korelasional menggunakan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah penderita hipertensi di Desa Jombok Kecamatan Ngoro Kabupaten Jombang dengan besar sampel 56 orang yang dipilih dengan metode *accidental sampling*. Variabel dalam penelitian ini adalah frekuensi senam aerobik dan tekanan darah. Instrumen pengumpulan data dalam penelitian ini adalah lembar kuesioner. Setelah data terkumpul dianalisis dengan menggunakan tabel distribusi frekuensi. Untuk mengetahui hubungan frekuensi senam aerobik dengan tekanan darah menggunakan uji korelasi *Spearman Rank* dengan nilai signifikan 0,05.

Hasil penelitian menunjukkan bahwa dari 29 penderita hipertensi (51,8%) yang sering melaksanakan senam aerobik, terdapat 20 penderita hipertensi (69,0%) memiliki tekanan darah dalam kategori normal-tinggi. Hasil uji korelasi diperoleh nilai p value 0,000, maka nilai p value $0,000 < \alpha = 0,05$. Dapat diartikan bahwa terdapat hubungan frekuensi senam aerobik dengan tekanan darah. Dimana semakin sering penderita hipertensi melakukan senam aerobik, maka tekanan darah semakin terkendali. Diharapkan penderita hipertensi lebih aktif dan rutin dalam mengikuti kegiatan senam aerobik sebagai salah satu alternatif pelaksanaan terapi non-farmakologi untuk membantu mengendalikan tekanan darah.

Kata Kunci : frekuensi senam aerobik, tekanan darah, hipertensi

ABSTRACT

“The Relationship between Aerobic Exercise Frequency on Blood Pressure in Hypertension Patients in Jombok Village, Ngoro District, Jombang Regency”

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Hypertension is a condition of increased systolic pressure 140 mmHg and diastolic blood pressure 90 mmHg because it is caused by a complex condition without obvious symptoms. One of the causes of increased blood pressure is a lack of exercise. Public awareness of the importance of exercising regularly is still considered lacking, this is due to laziness and busyness with busy activities. The purpose of this study was to determine the relationship between the frequency of aerobic exercise and blood pressure in patients with hypertension in Jombok Village, Ngoro District, Jombang Regency.

The type of research used is quantitative with a correlational research design using a cross sectional approach. The population in this study were hypertensive patients in Jombok Village, Ngoro District, Jombang Regency with a sample size of 56 people selected by the accidental sampling method. The variables in this study were the frequency of aerobic exercise and blood pressure. The data collection instrument in this study was a questionnaire sheet. After the data collected were analyzed using a frequency distribution table. To determine the relationship between the frequency of aerobic exercise and blood pressure, the Spearman Rank correlation test was used with a significant value of 0.05.

The results showed that from 29 hypertensive patients (51.8%) who often did aerobic exercise, there were 20 hypertensive patients (69.0%) who had blood pressure in the normal-high category. Correlation test results obtained p value 0.000, then p value $0.000 < = 0.05$. It can be interpreted that there is a relationship between the frequency of aerobic exercise and blood pressure. Where the more often people with hypertension do aerobic exercise, the more controlled blood pressure. It is expected that hypertension sufferers are more active and routine in participating in aerobic exercise activities as an alternative to implementing non-pharmacological therapy to help control blood pressure.

Keywords : frequency of aerobic exercise, blood pressure, hypertension