

ABSTRAK

PENGARUH TERAPI SENAM PRENATAL YOGA TERHADAP PENURUNAN TEKANAN DARAH PADA IBU HAMIL DENGAN PREEKLAMPSIA DI RSI AHMAD YANI SURABAYA

Hallin Nia Maharani

Prodi Pendidikan Profesi Ners Jenjang Sarjana Terapan Keperawatan,
Politeknik Kesehatan Kemenkes Surabaya

Email : hallinnm01@gmail.com

Latar Belakang : Preeklampsia merupakan salah satu jenis hipertensi dalam kehamilan yang terjadi setelah usia kehamilan 20 minggu disertai dengan adanya gangguan organ, adapun gangguan organ yang dapat terjadi meliputi protein urin, trombositopeni, gangguan ginjal, gangguan liver, gangguan neurologis, edema paru dan gangguan sirkulasi uteroplasenta. Preeklampsia dapat diatasi dengan pengobatan farmakologis dan non farmakologis, salah satunya senam prenatal yoga. Tujuan dilakukan penelitian ini adalah untuk mengetahui pengaruh senam prenatal yoga terhadap penurunan tekanan darah pada ibu hamil dengan preeklampsia di RSI Ahmad Yani Surabaya

Metode Penelitian : Desain penelitian ini menggunakan prepost test design. Sample penelitian adalah 30 ibu hamil dengan preeklampsia yang mengikuti senam prenatal yoga di RSI Ahmad Yani Surabaya. Instrumen penelitian yang digunakan adalah uji normalitas dengan uji wilcoxon

Hasil Penelitian : Hasil penelitian menunjukkan bahwa setelah dilakukan uji normalitas data shapiro wilk dengan hasil pada tekanan darah sistolik post test dan diastolik post-test menunjukkan p value $<0,05$ yang artinya data pada tekanan darah berdistribusi tidak normal , sehingga uji statistic yang dapat digunakan adalah statistic non parametrik dengan uji wilcoxon. Hasil uji wilcoxon signed ranks test didapatkan nilai signifikan yaitu $P = 0,000 < \alpha = 0,05$. Dan dari hasil uji wilcoxon signed ranks test didapatkan nilai signifikan yaitu $P = 0,000 < \alpha = 0,05$. Data tersebut dapat disimpulkan bahwa terdapat pengaruh terapi senam prenatal yoga terhadap penurunan tekanan darah pada ibu hamil dengan preeklampsia.

Kesimpulan : Senam prenatal yoga selama kehamilan dapat melancarkan peredaran darah dan memberikan ketenangan kepada ibu hamil dalam menghadapi kehamilannya sampai menghadapi persalinannya nanti

Kata Kunci : terapi senam prenatal yoga, penurunan tekanan darah pada ibu hamil dengan preeklampsia

ABSTRAK

THE EFFECT OF PRENATAL YOGA EXERCISE THERAPY ON REDUCING BLOOD PRESSURE IN PREGNANT WOMEN WITH PREECLAMPSIA AT RSI AHMAD YANI SURABAYA

Hallin Nia Maharani

Nursing Professional Education Study Program Bachelor's Degree Level in Nursing, Health Polytechnic, Ministry of Health, Surabaya

Email : hallinnm01@gmail.com

Background: Preeclampsia is a type of hypertension in pregnancy that occurs after 20 weeks of gestation accompanied by organ disorders. The organ disorders that can occur include urine protein, thrombocytopenia, kidney disorders, liver disorders, neurological disorders, pulmonary edema and circulation disorders. uteroplacental. Preeclampsia can be treated with pharmacological and non-pharmacological treatments, one of which is prenatal yoga exercises. The aim of this research was to determine the effect of prenatal yoga exercises on reducing blood pressure in pregnant women with preeclampsia

Research Method: This research design uses a prepost test design. The research sample was 30 pregnant women with preeclampsia who took part in prenatal yoga exercises at RSI Ahmad Yani Surabaya. The research instrument used was the normality test with the Wilcoxon test

Research Results: The results of the research show that after carrying out the Shapiro Wilk data normality test with the results on post-test systolic and post-test diastolic blood pressure showing a p value <0.05 , which means that the blood pressure data is not normally distributed, so the statistical test can be used is a non-parametric statistic with the Wilcoxon test. The results of the Wilcoxon signed ranks test showed a significant value, namely $P = 0.000 < \alpha = 0.05$. And from the results of the Wilcoxon signed ranks test, a significant value was obtained, namely $P = 0.000 < \alpha = 0.05$. These data can be concluded that there is an effect of prenatal yoga exercise therapy on reducing blood pressure in pregnant women with preeclampsia.

Conclusion: Prenatal yoga exercises during pregnancy can improve blood circulation and provide calm to pregnant women in facing pregnancy until facing delivery later

Keywords: prenatal yoga exercise therapy, reducing blood pressure in pregnant women with preeclampsia