

ABSTRAK
PERBEDAAN TEKANAN DARAH SEBELUM DAN SESUDAH
DIBERIKAN SENAM ERGONOMIK PADA PASIEN PENDERITA
HIPERTENSI DI PUSKESMAS BANGKALAN

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Latar Belakang: Lanjut usia merupakan sebuah proses normal dari muda menjadi tua dengan mengalami perubahan secara struktural maupun fungsional, perubahan tersebut terjadi di kardiovaskuler dengan penyakit yang sering hipertensi. Salah satu faktor yang mempengaruhi terjadinya hipertensi adalah kurangnya latihan fisik, cara untuk mengatasi masalah tersebut dengan melakukan senam ergonomik. Tujuan penelitian ini menganalisis perbedaan tekanan darah sebelum dan sesudah diberikan senam ergonomik pada lansia penderita hipertensi di Puskesmas Bangkalan

Metode: Desain penelitian *Pra-eksperimental One group pre-post test design*. Populasi semua lansia yang mengalami hipertensi sebanyak 50 lansia dan jumlah sampel sebanyak 43 lansia yang diambil menggunakan teknik *purposive sampling*. Instrumen penelitian menggunakan lembar observasi dan pengukuran tekanan darah menggunakan *sphygmomanometer* manual raksa. Analisa data menggunakan *uji wilcoxon signed rank test* menggunakan SPSS 16.00

Hasil: Hasil penelitian sebelum melakukan senam ergonomik sebagian besar mengalami hipertensi ringan sebanyak 30 lansia (69,8%), hipertensi sedang sebanyak 11 lansia (25,6%) hipertensi berat sebanyak 2 lansia (4,7%) dan sesudah melakukan senam ergonomik hampir seluruh lansia mengalami hipertensi ringan sebanyak 41 lansia (95,3%) dan hipertensi sedang sebanyak 2 lansia (4,7%), nilai uji statistik didapatkan hasil $p = 0,003$ $\alpha = 0,05$ maka $p < \alpha$ dan H1 diterima

Kesimpulan: Ada perbedaan tekanan darah sebelum dan sesudah diberikan senam ergonomik pada lansia penderita hipertensi.

Kata Kunci: hipertensi, lansia, senam

ABSTRACT
DIFFERENCE OF BEFORE AND AFTER BLOOD PRESSURE
ERGONOMIC GYMNAS GIVEN TO PATIENTS WITH SUFFERERS
HYPERTENSION IN BANGKALAN HEALTH CENTER

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Background: *Advanced age is a normal process from young to old with structural and functional changes, these changes occur in the cardiovascular disease that is often hypertensive. One of the factors that influence the occurrence of hypertension is the lack of physical exercise, a way to overcome this problem by doing ergonomic exercise. The purpose of this study was to analyze differences in blood pressure before and after being given ergonomic exercise in elderly people with hypertension at Bangkalan Health Center*

Method: *Pre-experimental research design One group pre-post test design. The population of all elderly people who have hypertension is 50 elderly and the number of samples is 43 elderly taken using a purposive sampling technique. research instruments use observation sheets and blood pressure measurements using mercury manual sphygmomanometer. Data analysis using the Wilcoxon signed rank test using SPSS 16.00*

Results: *The results of the study before doing ergonomic exercise mostly experienced mild hypertension of 30 elderly (69.8%), moderate hypertension as many as 11 elderly (25.6%) with severe hypertension as many as 2 elderly (4.7%) and after doing ergonomic exercise almost all elderly had mild hypertension as many as 41 elderly (95.3%) and moderate hypertension as many as 2 elderly (4.7%), the statistical test scores were obtained $p = 0.003$ $\alpha = 0.05$ then $p < \alpha$ and H_1 is accepted*

Conclusion: *That there were differences in blood pressure before and after being given ergonomic exercise in elderly people with hypertension.*

Keywords: *hypertension, elderly, exercise*