

ABSTRAK

Pengaruh Senam *Aerobic Low Impact* Terhadap Tekanan Darah Pada Penderita Hipertensi Di Desa Gondang Kecamatan Gondang Kabupaten Mojokerto

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Hipertensi sering diberi gelar *The Sililent Killer* karena penyakit ini merupakan pembunuh tersembunyi, dimana orang tidak mengetahui dirinya terkena hipertensi sebelum memeriksakan tekanan darahnya sehingga diperlukan penatalaksanaan untuk menurunkan tekanan darah, salah satunya melalui senam *aerobic low impact*. Penelitian ini bertujuan untuk mengetahui pengaruh senam *aerobic low impact* terhadap tekanan darah pada penderita hipertensi di Desa Gondang Kecamatan Gondang Kabupaten Mojokerto. Desain penelitian menggunakan *pre experimental* dengan pendekatan *one group tekanan darah sebelum diberikan intervensi-post test design*. Populasi dalam penelitian ini adalah semua penderita hipertensi usia dewasa akhir (36-45 tahun) yang telah didiagnosa oleh tenaga kesehatan di Desa Gondang Kecamatan Gondang Kabupaten Mojokerto sejumlah 47 orang. Teknik sampling penelitian ini adalah *purposive sampling*. Besar sampel yang memenuhi kriteria penelitian adalah 20 orang yang. Instrumen penelitian menggunakan SOP senam *aerobic low impact*, tensimeter, dan lembar observasi. Hasil penelitian ini menunjukkan bahwa rata-rata tekanan sistole pada hari pertama sebesar 150,8 mmHg, dan rata-rata tekanan diastole sebesar 92,25 mmHg sebelum melakukan senam *aerobic low impact*, dan rata-rata tekanan sistole pada hari pertama sebesar 135,5 mmHg, dan rata-rata tekanan diastole sebesar 83,5 mmHg sebelum melakukan senam *aerobic low impact*. Hasil uji *Paired t test* menunjukkan *pvalue*=0,000. Semakin sering melakukan senam *aerobic low impact* maka semakin baik pengendalian tekanan darahnya. Senam *aerobic low impact* menyebabkan terhambatnya sistem saraf simpatis akan menyebabkan penurunan curah jantung dan penurunan tahanan perifer sehingga terjadi vasodilatasi. Gabungan vasodilatasi dan penurunan curah jantung akan menyebabkan terjadinya penurunan tekanan darah.

Kata Kunci: senam *aerobic low impact*, tekanan darah, hipertensi

ABSTRACT

The Effect of Low Impact Aerobic Exercise on Blood Pressure in Hypertension Sufferers in Gondang Village, Gondang District, Mojokerto Regency

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Hypertension is often given the title The Silent Killer because this disease is a hidden killer, where people do not know they have hypertension before checking their blood pressure, so management is needed to reduce blood pressure, one of which is through low impact aerobic exercise. The aim of this study was to determine the effect of low impact aerobic exercise on blood pressure in hypertension sufferers in Gondang Village, Gondang District, Mojokerto Regency. The research design used pre experimental with one group pretest posttest design approach. The population in this study were all hypertension sufferers in late adulthood (36-45 years) who had been diagnosed by health workers in Gondang Village, Gondang District, Mojokerto Regency, totaling 47 people. The sampling technique of this research was purposive sampling. The sample size that met the research criteria was 40 people. The research instrument used SOP for low impact aerobic exercise, sphygmomanometer, and observation sheet. The results of this study showed that the average systolic pressure on the first day was 150.75 mmHg, and the average diastolic pressure was 92.25 mmHg before doing low impact aerobic exercise, and the average systolic pressure on the first day was 135.5 mmHg, and an average diastolic pressure of 83.5 mmHg before doing low impact aerobics. The *Paired t test* test results showed p value=0.000. The more frequency of low impact aerobic exercise, the better his blood pressure control. Low impact aerobic exercise causes inhibition of the sympathetic nervous system, causing a decrease in cardiac output and a decrease in peripheral resistance, resulting in vasodilation. The combination of vasodilation and decreased cardiac output will cause a decrease in blood pressure.

Keywords: low impact aerobic exercise, blood pressure, hypertension