

GAMBARAN SENAM AEROBIK TERHADAP TEKANAN DARAH PADA REMAJA PUTRI DI ASRAMA UNJAYA

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INTISARI

Latar Belakang: Tekanan darah merupakan salah satu faktor yang penting dalam sistem sirkulasi, tidak semua orang mempunyai tekanan darah yang berada dalam batasan tekanan darah normal. Oleh karena itu, hal ini menyebabkan munculnya gangguan pada tekanan darah yakni dikenal dengan hipertensi atau tekanan darah tinggi dan hipotensi atau tekanan darah rendah.

Tujuan Penelitian: Mengetahui adanya perbedaan tekanan darah pada remaja putri penghuni Asrama Unjaya.

Metode Penelitian: Desain penelitian deskriptif kuantitatif. Pengambilan data menggunakan data primer, dengan pemeriksaan tekanan darah pada remaja putri di asrama Unjaya dilakukan 3 kali pemeriksaan yaitu sebelum melakukan senam aerobik, setelah 15 menit melakukan senam aerobik dan setelah 30 menit melakukan senam aerobik.

Hasil: Hasil penelitian menunjukkan presentasi tekanan darah remaja putri pada pemeriksaan pertama yaitu 26 mahasiswa memiliki tekanan darah rendah, 39 mahasiswa memiliki tekanan darah normal dan 3 mahasiswa memiliki tekanan darah tinggi. Pemeriksaan kedua yaitu 17 mahasiswa memiliki tekanan darah rendah, 50 mahasiswa memiliki tekanan darah normal dan 1 mahasiswa memiliki tekanan darah tinggi. Pemeriksaan ketiga yaitu 12 mahasiswa memiliki tekanan darah rendah, 55 mahasiswa memiliki tekanan darah normal dan 1 mahasiswa memiliki tekanan darah tinggi. Hasil analisis data didapatkan nilai Sig 0,00 atau <0,05 dan 0,485 atau > 0,05.

Kesimpulan: kesimpulan dari penelitian ini yaitu terdapat perbedaan tekanan darah pada remaja putri di asrama unjaya pada hasil tabulasi frekuensi sebelum dan sesudah 15 menit melakukan senam aerobik. Sedangkan pada hasil tabulasi frekuensi sebelum dan setelah 30 menit melakukan senam aerobik tidak terdapat perbedaan tekanan darah pada remaja putri di asrama unjaya.

Kata Kunci: *Tekanan Darah, Senam Aerobik, Asrama Unjaya,*

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DESCRIPTION OF AEROBIC GYMNASTICS ON BLOOD PRESSURE IN ADOLESCENT WOMEN AT UNJAYA HOSTEL

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ABSTRACT

Background: Blood pressure is an important factor in the circulatory system, not everyone has blood pressure that is within normal blood pressure limits. Therefore, this causes disturbances in blood pressure, which are known as hypertension or high blood pressure and hypotheses or low blood pressure.

Research purposes: Knowing that there are differences in blood pressure in young women who live in Unjaya Dormitory.

Research methods: Quantitative descriptive research design. Data collection used primary data, by examining blood pressure in female adolescents in the Unjaya dormitory, 3 examinations were carried out, namely before doing aerobics, after 15 minutes of doing aerobics and after 30 minutes of doing aerobics.

Results: The results showed that the presentation of blood pressure on female adolescents at the first examination was 26 students had low blood pressure, 39 students had normal blood pressure and 3 students had high blood pressure. the second examination, namely 17 students had low blood pressure, 50 students had normal blood pressure and 1 student had high blood pressure. the third examination, namely 12 students had low blood pressure, 55 students had normal blood pressure and 1 student had high blood pressure. The results of data analysis obtained a Sig value of 0.00 or <0.05 and 0.485 or >0.05 .

Conclusion: The conclusion of this study is that there are differences in blood pressure in female adolescents in the Unjaya dormitory on the results of the frequency tabulation before and after 15 minutes of doing aerobics. Whereas in the results of the frequency tabulation before and after 30 minutes of doing aerobics there was no difference in blood pressure in female adolescents in the Unjaya dormitory.

Keywords: *Blood Pressure, Aerobics, Unjaya Dormitory,*

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