

HUBUNGAN AKTIVITAS FISIK DENGAN TEKANAN DARAH PADA LANSIA DI PADUKUHAN MEDARI GEDE CATURHARJO SLEMAN YOGYAKARTA

Winda Kusuma Astuti¹ , Dewi Utari² , Thomas Aquino³

INTISARI

Latar Belakang : Hipertensi adalah suatu tekanan darah yang abnormal, dimana sistolik ≥ 140 mmHg dan diastolik ≥ 90 mmHg. Hipertensi merupakan salah satu masalah kesehatan yang sering terjadi pada lansia. Hipertensi dipengaruhi oleh dua faktor yaitu faktor risiko yang tidak dapat dikontrol seperti kondisi fisiologis tubuh, umur, jenis kelamin, dan riwayat keturunan, sedangkan faktor hipertensi yang dapat dikontrol seperti konsumsi makanan jeroan, konsumsi natrium berlebih, alkohol, stress dan kurangnya aktivitas fisik.

Tujuan Penelitian: Untuk mengetahui hubungan aktivitas fisik dengan hipertensi pada lansia.

Metode Penelitian : metode penelitian kuantitatif non eksperimental. Sampel 35 responden dengan *purposive sampling*. Analisis menggunakan *One Way Anova* dengan tingkat kepercayaan 95%.

Hasil Penelitian : Hasil penelitian ini menunjukkan aktivitas fisik sedang 65,7%. Hasil tekanan darah menunjukkan rerata tekanan darah sistolik pada lansia dengan aktivitas fisik sedang 130,43 mmHg dan diastolik 86,20 mmHg, sedangkan rerata tekanan darah sistolik pada lansia dengan aktivitas fisik rendah 147,50 mmHg dan diastolik 86,20 mmHg. Analisa *One Way Anova* tekanan darah sistolik menunjukkan signifikansi $p=0,006$ dan diastolik $p=0,038$.

Kesimpulan : Terdapat hubungan yang signifikan antara aktivitas fisik dengan hipertensi pada lansia.

Kata kunci : Hipertensi, Aktivitas fisik, lansia.

*Mahasiswa Keperawatan Stikes Jenderal Achmad Yani Yogyakarta.

*Dosen Keperawatan Stikes Jenderal Achmad Yani Yogyakarta.

*Dosen Keperawatan Universitas Respati Yogyakarta.

THE CORRELATION BETWEEN PHYSICAL ACTIVITY AND BLOOD PRESSURE OF THE OLDER PEOPLE IN PADUKUHAN MEDARI GEDE CATURHARJO SLEMAN YOGYAKARTA

Winda Astuti Kusuma¹, Dewi Utari², Thomas Aquino³

ABSTRACT

Background: Hypertension is an abnormal blood pressure which is systolic pressure ≥ 140 mmHg and diastolic pressure ≥ 90 mmHg. Hypertension is one of the health problems that often occurs in the older people. It is influenced by two factors, uncontrolled risk factors such as physiological condition of the body, age, sex, and heredity, second controlled risk factors such as offal food consumption, excess sodium intake, alcohol, stress and lack of physical activities.

Objective: This research aimed to determine the significant correlation between physical activity and hypertension in the older people in Medari Gede Caturharjo Sleman Yogyakarta.

Method: This research used a quantitative research method. The total samples were 35 respondents which using *purposive sampling* technique. The statistical analysis was used *One Way Anova* with a confidence level of 95%.

Result: The result of this research showed 65,7% respondent have moderate physical activity and 34,3% respondent have low physical activity. The result of blood pressure revealed the mean of systolic blood pressure of the elderly with moderate physical activity was 130,43 mmHg and 86,20 mmHg for diastolic blood pressure. Moreover, the mean of systolic blood pressure of the elderly with low physical activity was 147,50 mmHg and 86,20 mmHg for diastolic blood pressure. The analysis of *One Way Anova* showed a significant correlation between physical activity and systolic blood pressure *p-value* 0,006 and diastolic blood pressure *p-value* 0,038.

Conclusion: There was a correlation between physical activity and hypertension of the older people in.

Keywords: hypertension, physical activity, the older people.

*Nursing Science Student at Stikes Jenderal Achmad Yani Yogyakarta.

*Nursing Science Lecturer at Stikes Jenderal Achmad Yani Yogyakarta.

*Nursing Science Lecturer at Respati University of Yogyakarta.