

PENGARUH SENAM HIPERTENSI PADA TN. I DENGAN HIPERTENSI DI DINAS SOSIAL BPSTW BUDI LUHUR YOGYAKARTA

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INTISARI

Latar Belakang: Hipertensi adalah keadaan pada seseorang dimana terjadinya peningkatan tekanan darah yang melebihi batas normal yang telah ditentukan yaitu sistolik ≥ 140 mmHg dan diastolik ≥ 90 mmHg (Kementerian Kesehatan RI, 2019). terdapat dua pendekatan utama yang dapat diterapkan, yaitu terapi farmakologis dan non-farmakologis. Terapi farmakologis mencakup penggunaan obat-obatan antihipertensi seperti diuretik, beta-blocker, dan ACE inhibitors, yang terbukti efektif dalam menurunkan tekanan darah dan meminimalkan risiko komplikasi (Saputra et al., 2023). sedangkan terapi non-farmakologis meliputi perubahan gaya hidup, seperti diet seimbang, aktivitas fisik teratur, serta teknik relaksasi yang mampu mengurangi stres dan meningkatkan kesehatan secara keseluruhan (Novitayanti et al., 2023).

Tujuan Penelitian: Mengetahui pengaruh senam hipertensi pada lansia dengan hipertensi di BPSTW Budi Luhur Yogyakarta.

Metode Penelitian: penelitian ini menggunakan metode observasi dan implementasi secara langsung kepada pasien selama 3 hari, Penelitian dilakukan pada 09-11 januari 2025. Sampel yang digunakan sebanyak 1 pasien lansia dengan hipertensi. Tehnik Analisa data yaitu dengan tahapan pengumpulan data, reduksi data dan didapatkan 3 diagnosa keperawatan dnegan diagnose prioritas resiko perfusi perifer tidak efektif.

Hasil Penelitian: Hasil penelitian pada lansia setelah di terapkan terapi non farmakologis senam hipertensi selama 3 hari didapatkan tekanan dara pasien mengalami penurunan dari hari pertama Sebelum dilakukan senam hipertensi tekanan darah pasien 145/90 mmHg, setelah dilakukan intervensi pada hari pertama didapatkan tekanan darah pasien 142/86 mmHg, pada hari kedua didapatkan hasil tekanan darah pasien setelah senam hipertensi 140/80 mmHg, dan pada hari ketiga didapatkan hasil tekanan darah pasien setelah melakukan senam hipertensi yaitu 138/78 mmHg.

Kesimpulan: Hasil penelitian didapatkan bahwa senam hipertensi efektif untuk menurunkan tekanan darah pada pasien.

Kata Kunci : Hipertensi, Tekanan Darah, Senam Hipertensi

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THE EFFECT OF HYPERTENSION GYMNASTICS ON MR. I WITH HYPERTENSION AT THE SOCIAL SERVICE OF BPSTW BUDI LUHUR YOGYAKARTA

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ABSTRAK

Background: Hypertension is a condition in a person where there is an increase in blood pressure that exceeds the predetermined normal limit, namely systolic ≥ 140 mmHg and diastolic ≥ 90 mmHg (Ministry of Health of the Republic of Indonesia, 2019). There are two main approaches that can be applied, namely pharmacological and non-pharmacological therapy. Pharmacological therapy includes the use of antihypertensive drugs such as diuretics, beta-blockers, and ACE inhibitors, which have been shown to be effective in lowering blood pressure and minimizing the risk of complications (Saputra et al., 2023). while non-pharmacological therapy includes lifestyle changes, such as a balanced diet, regular physical activity, and relaxation techniques that are able to reduce stress and improve overall health (Novitayanti et al., 2023).

Research Objective: To determine the effect of hypertension gymnastics on the elderly with hypertension at BPSTW Budi Luhur Yogyakarta.

Research Method: This study uses observation and implementation methods directly to patients for 3 days, The research was conducted on 09-11 January 2025. The sample used was 1 elderly patient with hypertension. The data analysis technique is with the stages of data collection, data reduction and 3 nursing diagnoses with priority diagnoses of the risk of peripheral perfusion are not effective.

Research Results: The results of the study in the elderly after applying non-pharmacological therapy hypertensive gymnastics for 3 days were obtained by the patient's blood pressure decreased from the first day Before hypertension exercises the patient's blood pressure was 145/90 mmHg, after intervention on the first day the patient's blood pressure was 142/86 mmHg, on the second day the patient's blood pressure was obtained after hypertension gymnastics 140/80 mmHg, and on the third day, the patient's blood pressure results after doing hypertension exercises were 138/78 mmHg.

Conclusion: The results of the study found that hypertension exercises are effective in lowering blood pressure in patients.

Keywords: Hypertension, Blood Pressure, Hypertension Gymnastics

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