

GAMBARAN AKTIVITAS FISIK PENDUDUK USIA DEWASA DENGAN HIPERTENSI DI DESA PENDOWOHARJO BANTUL DAERAH ISTIMEWA YOGYAKARTA

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INTISARI

Latar Belakang: Aktivitas Fisik adalah Gerakan yang dilakukan oleh tubuh dan penunjangnya. Aktivitas fisik yang teratur dapat mengurangi resiko terhadap beberapa penyakit dan meningkatkan kondisi kesehatan serta kualitas hidup secara menyeluruh. Hipertensi atau tekanan darah tinggi adalah sebuah kondisi medis saat seseorang mengalami peningkatan tekanan darah di atas normal. Faktor yang mempengaruhi aktivitas fisik yaitu: usia, genetik, jenis kelamin, status gizi, dan kebiasaan merokok. Seseorang dengan aktivitas fisik rendah lebih beresiko terkena hipertensi dibanding dengan seseorang yang aktivitas fisiknya tinggi.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui gambaran aktivitas fisik penduduk usia dewasa dengan hipertensi.

Metode Penelitian: Penelitian ini menggunakan metode penelitian survei deskriptif. Jumlah sampel sebanyak 69 responden dengan teknik *simple random sampling*. Analisis statistik menggunakan analisis univariat.

Hasil Penelitian: Hasil dari penelitian ini terdapat dua kategori aktivitas fisik yaitu aktivitas fisik ringan (88,4%) dan aktivitas fisik sedang (11,6%). aktivitas fisik waktu luang pada penduduk usia dewasa dengan hipertensi di Desa Pendowoharjo Bantul adalah sebesar 70,5%, aktivitas fisik waktu kerja adalah sebesar 26,7%, dan aktivitas fisik waktu olah raga sebesar 2,8%.

Kesimpulan: Aktivitas fisik pada penduduk usia dewasa dengan hipertensi di Desa Pendowoharjo Bantul sebagian besar kategori ringan sebanyak 61 orang (88,4%).

Kata kunci: Aktivitas Fisik, Hipertensi dan Usia Dewasa.

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The Description of Physical Activities of Adult Residents with Hypertension in Pendowoharjo Village, Bantul, Special Province of Yogyakarta

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ABSTRACT.

Background : Physical activities are motions from the body and its supporting parts. Regular physical activities can reduce risks of several diseases, enhance health condition, and life quality comprehensively. Hypertension or high blood pressure is a medical condition in which an individual experiences increasing blood tension above normal rate. The influential factors of physical activities are age, gene, sex, nutritional status, and smoking habit. An individual with low physical activities is subject to higher risk of hypertension compared to another with high physical activities.

Objective : To identify The Description of Physical Activities of Adult Residents with Hypertension in Pendowoharjo Village of Bantul, Special Province of Yogyakarta.

Method : This study applied descriptive survey study method. The number of samples was 69 respondents selected through simple random sampling technique. Statistical analysis method was univariate analysis.

Result : There were two categories of physical activities ; mild physical activities (88,4%) and moderate physical activities (11,6%). Leisure time physical activities of adult residents with hypertension in Pendowoharjo village of Bantul were as many as 70,5%, working time physical activities were as high as 26,7%, sport time physical activities were as many as 2,8%.

Conclusion : Physical activities of adult residents with hypertension in Pendowoharjo village of Bantul was mostly in mild category as many as 61 respondents (88,4%).

Keywords : Physical Activities, Hypertension, Adult.

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