

PENGARUH SENAM LANSIA TERHADAP TEKANAN DARAH PADA KOMUNITAS DAHLIA SENJA LIMO

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Abstrak

Latar Belakang : Olahraga sangat baik jika dilaksanakan oleh lansia supaya peredaran darah menjadi teratur, salah satu olahraga yang dianjurkan untuk lansia guna mencegah terkenanya penyakit kronis seperti peningkatan tekanan darah ialah senam lansia. Pada lanjut usia kekuatan jantung untuk memompa itu berkurang. Dengan senam lansia mampu memberikan kekuatan pompa jantung agar bertambah, sehingga aliran darah dapat lancar kembali. Penelitian ini bertujuan mengetahui apakah terdapat pengaruh senam lansia pada tekanan darah lansia di Komunitas Dahlia Senja Limo. **Desain :** Penelitian ini memakai metode quasi eksperimental dengan rancangan pre test dan post test. **Hasil :** Penelitian yakni sebelum dilakukannya senam lansia rata-rata tekanan darah sistol ialah 131.84 dan diastol 85.92 mmHg, lalu sesudah dilakukannya senam lansia rata-rata tekanan darah sistol adalah 130.66 dan diastol 82.24. menurut hasil uji paired sample t-test antara data kelompok pre test dan post test menunjukkan hasil *p-value* sebesar 0,000 dimana nilai signifikansi = $0,000 < \alpha = 0,05$ yakni terdapat perbedaan yang signifikan antara rata-rata tekanan darah pre test dan Post test di kelompok eksperimen. Kesimpulan penelitian ini terdapat pengaruh antara senam lansia pada tekanan darah lansia di Komunitas Dahlia Senja Limo.

Kata Kunci : lanjut usia, senam lansia, tekanan darah

THE EFFECT OF ELDERLY EXERCISE ON BLOOD PRESSURE ON THE DAHLIA SENJA LIMO COMMUNITY

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Abstract

Background : Exercise is very good, especially for the elderly so that blood flow becomes smooth, one of the sports recommended for the elderly to prevent chronic diseases such as increased blood pressure is elderly exercise. In the elderly, the heart's power to pump is reduced. Elderly exercise can help increase the strength of the heart pump, so that blood flow can return smoothly. The objective of this research was to examine if exercise has an impact on the blood pressure of older residents of the Dahlia Senja Limo Community. **Design :** This research used a quasi-experimental approach with pre- and post-testing. **Results :** Before the elderly exercised, the average systolic blood pressure was 131.84 and diastolic was 85.92 mmHg. After the elderly exercised, the average systolic blood pressure was 130.66 and diastolic was 82.24. Based on the findings of the paired sample t-test between the pre-test and post-test group data, the p-value of 0.000 where the significance value = $0.000 < \alpha = 0.05$ shows that there is a significant difference between the average pre-test and post-test blood pressure in the experimental group. This research concludes that there is a correlation between exercise and blood pressure among the elderly in the Dahlia Senja Limo Community.

Keywords : elderly, elderly exercise, blood pressure