

PENGARUH SENAM PROGRAM PENGELOLAAN PENYAKIT KRONIS (PROLANIS) TERHADAP TEKANAN DARAH DAN *QUALITY OF LIFE* PADA PENDERITA HIPERTENSI

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Abstrak

Hipertensi merupakan kondisi kronis yang membutuhkan penanganan menyeluruh dan berkesinambungan. Pengendalian tekanan darah tidak hanya bergantung pada terapi obat, tetapi juga memerlukan pendekatan nonfarmakologis melalui aktivitas fisik yang terencana untuk menunjang perbaikan kualitas hidup. Salah satu bentuk aktivitas fisik terstruktur yang diterapkan di fasilitas pelayanan kesehatan tingkat pertama adalah senam Program Pengelolaan Penyakit Kronis (Prolanis), yang dilaksanakan secara berkelompok. Penelitian ini bertujuan menganalisis pengaruh pelaksanaan senam Prolanis terhadap perubahan tekanan darah dan kualitas hidup penderita hipertensi. Peneliti menggunakan desain praeksperimental dengan metode one group pretest–posttest yang melibatkan 45 responden melalui teknik total sampling. Intervensi senam Prolanis diberikan satu kali setiap minggu selama empat minggu. Peneliti mengukur tekanan darah menggunakan lembar observasi, sedangkan kualitas hidup dinilai dengan kuesioner WHOQOL-BREF. Analisis data dilakukan menggunakan uji Paired Sample T-Test dan Wilcoxon Signed Rank Test. Hasil penelitian menunjukkan penurunan signifikan tekanan darah sistolik dan diastolik serta peningkatan bermakna pada seluruh domain kualitas hidup setelah pelaksanaan senam Prolanis ($p\text{-value} = 0,000 < 0,05$). Temuan ini menunjukkan bahwa senam Prolanis berperan efektif dalam menurunkan tekanan darah dan meningkatkan kualitas hidup penderita hipertensi, sehingga layak direkomendasikan sebagai intervensi nonfarmakologis di pelayanan kesehatan primer.

Kata Kunci : Hipertensi, Kualitas Hidup, Senam Prolanis, Tekanan Darah

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Abstract

Hypertension is a chronic condition that requires comprehensive and continuous management. Blood pressure control does not rely solely on pharmacological therapy but also requires non-pharmacological approaches, including structured physical activity, to support improvements in quality of life. One form of structured physical activity implemented in primary health care facilities is the Chronic Disease Management Program (Prolanis) exercise, which is conducted in group settings. This study aimed to analyze the effect of Prolanis exercise on changes in blood pressure and quality of life among patients with hypertension. The study employed a preexperimental design using a one-group pretest–posttest method involving 45 respondents selected through total sampling. The Prolanis exercise intervention was conducted once a week for four weeks. Blood pressure was measured using observation sheets, while quality of life was assessed using the WHOQOL-BREF questionnaire. Data analysis was performed using the Paired Sample T-Test and the Wilcoxon Signed Rank Test. The results showed a significant reduction in systolic and diastolic blood pressure and a significant improvement across all domains of quality of life following the Prolanis exercise intervention ($p\text{-value} = 0.000 < 0.05$). These findings indicate that Prolanis exercise is effective in reducing blood pressure and improving quality of life among patients with hypertension and can be recommended as a non-pharmacological intervention in primary health care settings.

Keywords : *Blood Pressure, Hypertension, Prolanis Exercise, Quality of Life*