

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA  
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PROGRAM STUDI ILMU KEPERAWATAN**

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**PENGARUH SENAM *LOW-IMPACT AEROBIC* TERHADAP PENURUNAN  
TEKANAN DARAH TINGGI PADA LANSIA PENDERITA HIPERTENSI  
DI KELURAHAN KARYA MULYA KECAMATAN KESAMBI  
KOTA CIREBON**

xvi + 77 halaman + 11 tabel + 12 lampiran

**ABSTRAK**

Tekanan darah merupakan tekanan di dalam pembuluh darah ketika jantung memompakan darah ke seluruh tubuh. Tekanan darah tinggi atau hipertensi terjadi jika tekanan darah di atas 140/90 mmHg. Hipertensi lebih sering terjadi pada orang paruh baya atau lanjut usia antara 55 sampai 64 tahun. Terdapat beberapa faktor yang dapat mempengaruhi terjadinya hipertensi, salah satunya adalah kurangnya aktivitas fisik. Latihan fisik yang dianjurkan bagi lansia penderita hipertensi adalah senam *Low Impact Aerobic*. Penelitian ini bertujuan untuk mengetahui pengaruh senam *Low Impact Aerobic* terhadap penurunan tekanan darah tinggi pada lansia penderita hipertensi di Kelurahan Karya Mulya Kecamatan Kesambi Kota Cirebon. Jenis penelitian ini menggunakan *one group pre and post test design*. Teknik pengambilan sampel menggunakan *total sampling* didapatkan 30 responden lansia penderita hipertensi di Kelurahan Karya Mulya Kecamatan Kesambi Kota Cirebon yang terdata di Posbindu dan memenuhi kriteria inklusi dan eksklusi peneliti. *Instrument* yang digunakan berupa alat ukur yang sudah baku *Sphygmomanometer*. Analisa data menggunakan uji *dependent t test* dengan nilai kemaknaan  $\alpha = 0,05$ .

Hasil uji etik penelitian dinyatakan “Laik Etik” dari KEPK ITEKes Mahardika.

Hasil penelitian didapatkan nilai rata-rata tekanan darah sistolik sebelum senam adalah 155,6 mmHg dan nilai rata-rata tekanan darah diastolik sebelum senam adalah 83,1 mmHg. Kemudian nilai rata-rata tekanan darah sistolik setelah senam adalah 150 mmHg dan nilai rata-rata tekanan darah diastolik setelah senam adalah 78,3 mmHg. Hasil uji statistik dengan menggunakan uji *dependent t test* terhadap tekanan sistolik sebelum dan sesudah senam *low impact aerobic* didapatkan *p value* sebesar 0,002. Kemudian hasil uji statistik dengan menggunakan uji *dependent t test* terhadap tekanan diastolik sebelum dan sesudah senam *low impact aerobic* didapatkan *p value* sebesar 0,013.

Dari hasil penelitian didapatkan bahwa senam *Low Impact Aerobic* memiliki pengaruh yang positif dan signifikan terhadap penurunan tekanan darah tinggi pada lansia penderita hipertensi di Kelurahan Karya Mulya Kecamatan Kesambi Kota Cirebon.. Hasil penelitian dapat ditindak-lanjuti dengan mengupayakan untuk rutin melaksanakan kegiatan senam *Low Impact Aerobic* satu minggu sekali sehingga membantu mengoptimalkan penurunan tekanan darah tinggi pada lansia.

Kata kunci : *Low Impact Aerobic*, Tekanan Darah, Hipertensi, Lansia

**MAHARDIKA INSTITUTE OF HEALTH AND TECHNOLOGY  
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**THE EFFECT OF LOW-IMPACT AEROBIC EXERCISES ON REDUCING HIGH  
BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION  
IN KARYA MULYA SUBDISTRICT, KESAMBI DISTRICT  
CIREBON CITY**

*xvi + 77 pages + 11 tables + 12 attachments*

**ABSTRACT**

*Blood pressure is the pressure in the blood vessels when the heart pumps blood throughout the body. High blood pressure or hypertension occurs when blood pressure is above 140/90 mmHg. Hypertension is more common in middle-aged or elderly people between 55 and 64 years. There are several factors that can influence the occurrence of hypertension, one of which is a lack of physical activity. The recommended physical exercise for elderly people with hypertension is Low Impact Aerobics. This study aims to determine the effect of Low Impact Aerobic exercise on reducing high blood pressure in elderly people with hypertension in Karya Mulya Subdistrict, Kesambi District, Cirebon City. This type of research uses a one group pre and post test design. The sampling technique using total sampling obtained 30 elderly respondents with hypertension in Karya Mulya Subdistrict, Kesambi District, Cirebon City who were recorded at Posbindu and met the inclusion and exclusion criteria of the researcher. The instrument used is a standard measuring instrument, a Sphygmomanometer. Data analysis used the dependent t test with a significance value of  $\alpha = 0.05$ .*

*The results of the research ethics test were declared "Ethically Eligible" from KEPK ITEKes Mahardika.*

*The results showed that the average value of systolic blood pressure before exercise was 155.6 mmHg and the average value of diastolic blood pressure before exercise was 83.1 mmHg. Then the average value of systolic blood pressure after exercise is 150 mmHg and the average value of diastolic blood pressure after exercise is 78.3 mmHg. The results of statistical tests using the dependent t test on systolic pressure before and after low impact aerobic exercise obtained a p value of 0.002. Then the results of statistical tests using the dependent t test on diastolic pressure before and after low impact aerobic exercise obtained a p value of 0.013.*

*From the results of the study it was found that Low Impact Aerobics had a positive and significant effect on reducing high blood pressure in elderly people with hypertension in Karya Mulya Subdistrict, Kesambi District, Cirebon City. once a week so as to help optimize the reduction of high blood pressure in the elderly.*

**Keywords** : *Low Impact Aerobic, Blood Pressure, Hypertension, Elderly*