

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

Skripsi, Juli 2024

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**HUBUNGAN AKTIVITAS FISIK DENGAN KESEIMBANGAN TEKANAN
DARAH PADA LANSIA HIPERTENSI DI WILAYAH KERJA
PUSKESMAS PATROL KABUPATEN INDRAMAYU**

Xv + 125 halaman + 12 tabel + 12 bagan + 19 lampiran

ABSTRAK

Lansia dengan hipertensi bila aktivitas fisiknya menurun mengakibatkan frekuensi denyut jantung akan lebih meningkat sehingga otot jantung bekerja akan lebih kuat. Agar tekanan darah pada lansia tetap seimbang disarankan agar melakukan aktivitas fisik seperti olahraga ringan. Estimasi jumlah kasus hipertensi di Indonesia sebesar 63.309.620 orang, sedangkan angka kematian di Indonesia akibat hipertensi sebesar 427.218 kematian. Tujuan penelitian ini adalah untuk mengetahui hubungan aktivitas fisik dengan keseimbangan tekanan darah pada lansia hipertensi di wilayah kerja Puskesmas Patrol Kabupaten Indramayu.

Metode penelitian ini yaitu deskriptif korelasional dengan menggunakan pendekatan *cross sectional*. Sampel penelitian ini adalah lanjut usia di wilayah kerja Puskesmas Patrol yang berjumlah 68 responden dengan menggunakan teknik *simple random sampling*, instrumen penelitian menggunakan *Global Physical Activity Questionnaire (GPAQ)*, dan analisa data menggunakan uji *Spearman Rank*.

Hasil analisa univariat menunjukkan di wilayah kerja Puskesmas Patrol Kabupaten Indramayu dari 68 responden mayoritas memiliki aktifitas fisik berat sebanyak 59 responden (86,8%), dan hipertensi derajat II sebanyak 38 responden (55,9%). Uji *Spearman Rank* didapatkan nilai P-value $0,000 < 0,005$ sehingga dapat di simpulkan H_a di tolak dan H_o diterima artinya terdapat hubungan antara aktivitas fisik dengan keseimbangan tekanan darah pada lansia hipertensi di wilayah kerja Puskesmas Patrol Kabupaten Indramayu.

Dapat di simpulkan bahwa aktivitas fisik berhubungan dengan keseimbangan tekanan darah. Dalam penelitian tersebut menjelaskan bahwa semakin sering melakukan aktivitas fisik maka tekanan darah semakin meningkat.

Kata Kunci : Aktivitas Fisik, Tekanan Darah, Lansia, Hipertensi
Daftar Pustaka : 54 (2014-2024)

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**THE RELATIONSHIP OF PHYSICAL ACTIVITY AND BLOOD PRESSURE
BALANCE IN HYPERTENSIVE ELDERLY IN THE WORKING AREA OF
THE PATROL HEALTH CENTER INDRAMAYU DISTRICT**

Xv + 125 pages + 12 tables + 12 charts + 19 attachments

Elderly individuals with hypertension, when their physical activity decreases, will experience an increase in heart rate frequency, causing the heart muscles to work harder. If blood pressure in the elderly remains stable, it is recommended to engage in physical activities such as light exercise. The estimated number of hypertension cases in Indonesia is 63,309,620 people, while the death toll in Indonesia due to hypertension is 427,218 deaths. The purpose of this research is to determine the relationship between physical activity and blood pressure balance in elderly individuals with hypertension in the working area of the Patrol Health Center in Indramayu Regency.

The research method used is descriptive correlational with a cross-sectional approach. The research sample consists of elderly individuals in the working area of the Patrol Health Center, totaling 68 respondents, using simple random sampling technique. The research instrument employed is the Global Physical Activity Questionnaire (GPAQ), and data analysis is conducted using the Spearman Rank test.

The results of the univariate analysis indicate that in the working area of the Patrol Health Center in Indramayu District, out of 68 respondents, the majority have high physical activity, with 59 respondents (86.8%), and hypertension grade II is present in 38 respondents (55.9%). The Spearman Rank test yielded a P-value of $0.000 < 0.005$, so it can be concluded that the alternative hypothesis is rejected and the null hypothesis is accepted, meaning there is a relationship between physical activity and blood pressure balance in elderly individuals with hypertension in the working area of the Patrol Health Center in Indramayu Regency.

It can be concluded that physical activity is related to blood pressure balance. The research explains that the more frequently one engages in physical activity, the more increase blood pressure becomes.

Keywords: Physical Activity, Blood Pressure, Elderly, Hypertension
Bibliography: 54 (2014-2024)