

**INTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA FAKULTAS
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**PENGARUH SENAM TERA TERHADAP PENURUNAN HIPERTENSI
PADA LANSIA DI BLOK DUKUGAWING DESA KEPUNDUAN
KECAMATAN DUKUPUNTANG KABUPATEN CIREBON**

ABSTRAK

xvi+ 64 halaman+ 7 tabel + 2 bagan+ 8 lampiran

Seiring bertambahnya usia pada lansia, sistem kardiovaskuler akan mengalami perubahan seperti arteri yang kehilangan elastisitasnya, hal ini dapat menyebabkan peningkatan nadi dan tekanan sistolik darah. Senam lansia yang memanfaatkan gerak dengan aktivasi sistem saraf simpatis dan parasimpatis serta meningkatkan pelepasan berbagai hormon yang menyebabkan kondisi individu menjadi relaks. Senam lansia merupakan aktivitas fisik yang berguna mengeliminasi lemak dan kolesterol pada pembuluh darah. Tujuan penelitian ini adalah untuk mengetahui pengaruh senam lansia terhadap hipertensi pada lansia di Blok Dukugawing Desa Kepunduan Kecamatan Dukupuntang Kabupaten Cirebon.

Penelitian ini menggunakan desain penelitian pra-eksperimental dengan rancangan one group pre-post test design dengan simple total sampling, yang melibatkan 34 lansia dengan hipertensi. Tekanan darah diukur dengan spigmomanometer dan senam lansia diukur dengan standard operational procedure (SOP), kemudian dilakukan analisis data dengan paired t-test karena data berdistribusi normal.

Hasil menunjukkan rata-rata tekanan darah sebelum intervensi adalah 150/94 mmHg, sedangkan setelah intervensi rata-rata tekanan darah menjadi 140/90mmHg. Analisis dengan paired sample t-test mendapatkan nilai p value= 0,00 <0,05 sehingga adanya pengaruh yang signifikan tekanan darah sebelum dan setelah diberikan intervensi senam lansia pada lansia di Blok Dukugawing Desa Kepunduan Kecamatan Dukupuntang Kabupaten Cirebon

Kata Kunci : hipertensi, senam lanisa, lansia, tekanan darah

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**THE INFLUENCE OF TERA EXERCISE ON REDUCING HYPERTENSION
IN THE ELDERLY IN THE DUKUGAWING BLOCK, KEPUNDUAN
VILLAGE, DUKUPUNTANG SUB-DISTRICT, CIREBON DISTRICT**

ABSTRAC

Xvi roman+64 page+ 7 table +2 charts+8 appendices

As the elderly get older, the cardiovascular system will experience changes such as arteries that lose their elasticity, this can cause an increase in pulse and blood systolic pressure. Elderly gymnastics that utilizes motion by activating the sympathetic and parasympathetic nervous systems and increasing the release of various hormones that cause the individual's condition to relax. Elderly gymnastics is a physical activity that is useful for eliminating fat and cholesterol in blood vessels. The purpose of this study was to determine the effect of elderly exercise on hypertension in the elderly in the Dukugawing Block, Kepunduan Village, Dukuntang District, Cirebon Regency.

This study used a pre-experimental research design with a one group pre-post test design with simple total sampling, which involved 34 elderly people with hypertension. Blood pressure was measured with a sphygmomanometer and elderly gymnastics was measured with a standard operational procedure (SOP), then data analysis was performed using a paired t-test because the data were normally distributed.

The results showed that the average blood pressure before the intervention was 150/94 mmHg, while after the intervention the average blood pressure was 140/90mmHg. Analysis by paired sample t-test obtained a p value = 0.00 <0.05 so that there was a significant effect on blood pressure before and after being given an elderly exercise intervention for the elderly in the Dukugawing Block, Kepunduan Village, Dukuntang District, Cirebon Regency.

Keywords: hypertension, lanisa gymnastics, elderly, blood pressure

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