

ABSTRAK

EFEKTIVITAS *BRISK WALKING EXERCISE* TERHADAP TEKANAN DARAH PADA LANSIA HIPERTENSI

Sherly Aldeiyana Hasan, Supriyanto, Hepta Nur Anugrahini, Endang Soelistyowati

sherlyaldeiyana@gmail.com

Latar Belakang : Keperawatan lansia hipertensi menggunakan pengobatan secara rutin dan peningkatan gaya hidup. Peningkatan gaya hidup yang dapat dilakukan adalah *brisk walking exercise*. Tujuan penelitian ini untuk mengetahui bagaimana olahraga jalan cepat mempengaruhi tekanan darah pada lansia dengan hipertensi.

Metode : 18 pasien hipertensi berpartisipasi, menggunakan one group pre-test-posttest design. Setiap dua hari, para lansia melakukan olahraga jalan cepat selama 20 menit dengan kecepatan sesuai kemampuan mereka. Uji T sampel berpasangan dan uji *Wilcoxon* digunakan dalam prosedur analisis data.

Hasil : Rata-rata tekanan darah sistolik dan diastolik sebelum intervensi secara berurutan ($151,00 \text{ mmHg} \pm 9,49$, CI 95% = 146,28 - 155,72); ($94,00 \text{ mmHg} \pm 7,670$, CI 95% = 90,19 – 97,81), dan rata-rata tekanan darah sistolik dan diastolik sesudah intervensi secara berurutan ($125,89 \text{ mmHg} \pm 11,682$, CI 95% = 120,08 – 131,70); ($77,67 \text{ mmHg} \pm 5,076$; CI 95% = 75,14 – 80,19). Hasil uji statistik p value <0,001.

Kesimpulan : *Brisk walking exercise* secara efektif menurunkan tekanan darah, sehingga menjadi alternatif yang tepat untuk mengubah pilihan gaya hidup untuk menurunkan tekanan darah pada lansia hipertensi.

Kata kunci : *Brisk walking exercise*, tekanan darah, lansia

ABSTRACT

THE EFFECTIVENESS OF BRISK WALKING EXERCISE ON BLOOD PRESSURE IN HYPERTENSIVE ELDERLY

Sherly Aldeiyana Hasan¹, Supriyanto², Hepta Nur Anugrahini³

sherlyaldeiyana@gmail.com

Background: Nursing for elderly hypertension uses routine medication and lifestyle improvements. Lifestyle improvements that can be done are brisk walking exercise. Objective for knowing how brisk walking exercise affects blood pressure in elderly with hypertension.

Method : 18 hypertensive patients participated, using a one-group pre-test-posttest strategy. Every two days, the elderly performed brisk walking exercise for 20 minutes at a pace according to their ability. Paired samples T test and Wilcoxon test were used in the data analysis procedure.

Results : The average systolic and diastolic blood pressure before intervention respectively (151.00 mmHg $\pm$ 9.49, 95% CI = 146.28 - 155.72); (94.00 mmHg $\pm$ 7.670, 95% CI = 90.19 - 97.81), and the average systolic and diastolic blood pressure after the intervention respectively (125.89 mmHg $\pm$ 11.682, 95% CI = 120.08 - 131.70); (77.67 mmHg $\pm$ 5.076; 95% CI = 75.14 - 80.19). Statistical test results obtained p value <0.001.

Conclusion : Brisk walking exercise effectively reduces blood pressure, so it is an appropriate alternative to change lifestyle choices to reduces blood pressure in hypertensive elderly.

Keywords : Brisk walking exercise, pressure blood, elderly