

ABSTRAK

Pengaruh *Brisk Walking Exercise* terhadap Penurunan Tekanan Darah pada Penderita Hipertensi di Wilayah Kerja Puskesmas Tambak Wedi Surabaya

Shofia Huwaidah Nafilah Amru¹, Irfany Nurul Hamid², Rini Ambarwati³

Prodi Pendidikan Profesi Ners Program Sarjana Terapan Keperawatan,
Politeknik Kesehatan Kemenkes Surabaya

Email : shofiahuwaidah3@gmail.com

Latar Belakang: Hipertensi adalah masalah kesehatan global yang semakin meningkat dan sering disebut "*silent killer*" karena tidak menunjukkan gejala hingga menyebabkan komplikasi serius. Salah satu terapi non-farmakologi yang efektif untuk menurunkan tekanan darah adalah *brisk walking exercise*, yang dapat dilakukan tanpa peralatan khusus. Penelitian ini bertujuan untuk mengetahui pengaruh *brisk walking exercise* terhadap penurunan tekanan darah pada penderita hipertensi di wilayah kerja Puskesmas Tambak Wedi Surabaya.

Metode: Penelitian ini menggunakan metode *quasi – experiment design* dengan pendekatan *pre-post test with control group design*. Sampel dalam penelitian ini sebanyak 60 penderita hipertensi (30 kelompok intervensi dan 30 kelompok kontrol) yang dipilih menggunakan teknik *simple random*. Variabel penelitian ini adalah *brisk walking exercise* dan tekanan darah. Pengumpulan data penelitian menggunakan lembar observasi. Data penelitian terdistribusi normal sehingga dianalisis menggunakan uji sampel *paired t-test* dan *independent t-test* dengan signifikansi $p < 0,05$.

Hasil: Hasil uji analisis menunjukkan penurunan yang signifikan sebelum dan sesudah dilakukan *brisk walking exercise* dimana nilai *P value* sistolik = 0,000 dan *P value* diastolik = 0,000.

Kesimpulan: Terdapat pengaruh *brisk walking exercise* terhadap penurunan tekanan darah baik sistolik maupun diastolik pada penderita hipertensi di wilayah kerja Puskesmas Tambak Wedi Surabaya.

Kata Kunci : *Brisk Walking Exercise*, Tekanan Darah, Hipertensi.

ABSTRACT

The Effect of Brisk Walking Exercise on Blood Pressure Reduction in Hypertensive Patients in the Area of Tambak Wedi Health Center Surabaya

Shofia Huwaidah Nafilah Amru¹, Irfany Nurul Hamid², Rini Ambarwati³

Education of Professional Nurse Program, Applied Bachelor's Degree in Nursing,
Health Polytechnic Ministry of Health Surabaya

Email : shofiahuwaidah3@gmail.com

Background: Hypertension is a global health issue that is increasing and is often referred to as the "silent killer" because it does not show symptoms until it causes serious complications. One effective non-pharmacological therapy to reduce blood pressure is brisk walking exercise, which can be done without special equipment. This study aims to determine the effect of brisk walking exercise on blood pressure reduction in hypertensive patients in the working area of Puskesmas Tambak Wedi Surabaya.

Method: This study uses a quasi-experimental design with a pre-post test with a control group design. The sample consists of 60 hypertensive patients (30 in the intervention group and 30 in the control group), selected using simple random sampling technique. The research variables are brisk walking exercise and blood pressure. Data collection was done using observation sheets. The research data were normally distributed and analyzed using paired t-test and independent t-test with a significance level of $p < 0.05$.

Result: The analysis showed a significant decrease in blood pressure before and after brisk walking exercise, with a systolic P value = 0,000 and a diastolic P value = 0,000.

Conclusion: There is an effect of brisk walking exercise on the reduction of both systolic and diastolic blood pressure in hypertensive patients in the working area of Puskesmas Tambak Wedi Surabaya.

Keywords: *Brisk Walking Exercise, Blood Pressure, Hypertension.*