

ABSTRAK

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EFEKTIFITAS SENAM *POUND FIT* DENGAN SENAM HIPERTENSI TERHADAP PENURUNAN TEKANAN DARAH DAN DENYUT NADI BAGI PENDERITA HIPERTENSI DI KLINIK MEDICO SIER SURABAYA

xvii + 152 Halaman + 22 Tabel + 20 Lampiran

Hipertensi dikatakan sebagai *silent killer*. Penanganan non farmakologi dapat dilakukan dengan cara senam hipertensi dan senam *pound fit*. Jika dilakukan secara rutin dan terus menerus penurunan tekanan darah akan berlangsung lebih lama dan pembuluh darah lebih elastis. Tujuan penelitian ini untuk mengetahui efektifitas senam *pound fit* dengan senam hipertensi terhadap penurunan tekanan darah dan denyut nadi bagi penderita hipertensi di Klinik Medico Sier Surabaya.

Penelitian ini menggunakan *quasy experimental design*. Sampel dalam penelitian ini adalah penderita hipertensi di Klinik Medico Sier sebanyak 26 responden. menggunakan *purposive sampling*. Variabel penelitian ini adalah senam *pound fit*, senam hipertensi, tekanan darah dan denyut nadi. Pengumpulan data penelitian menggunakan SOP Senam Hipertensi, SOP senam *pound fit*, dan alat tensimeter *sphygmomanometer* digital. Analisa data menggunakan uji *Wilcoxon* dan uji *Mann Whitney* dengan $\alpha < 0,05$.

Hasil uji analisis menunjukkan tekanan darah sebelum senam *pound fit* hampir setengahnya dalam kategori hipertensi derajat 1 dan hipertensi sistolik terisolasi, sesudah senam *pound fit* hampir setengahnya dalam kategori prehipertensi. Sedangkan denyut nadi sebelum dan sesudah senam *pound fit* seluruhnya dalam kategori normal. Tekanan darah sebelum senam hipertensi sebagian besar dalam kategori hipertensi derajat 1, sesudah senam hipertensi setengahnya dalam kategori normal. Sedangkan denyut nadi sebelum dan sesudah senam hipertensi seluruhnya dalam kategori normal.

Senam hipertensi lebih efektif daripada senam *pound fit* dalam menurunkan tekanan darah sistolik dan denyut nadi. Tetapi senam *pound fit* lebih efektif daripada senam hipertensi dalam menurunkan tekanan darah diastolik

Kata Kunci: denyut nadi, tekanan darah, senam hipertensi, senam *pound fit*

Daftar bacaan : 22 Jurnal, 5 buku (2010 – 2024)

ABSTRACT

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EFFECTIVENESS OF POUND FIT EXERCISE AND HYPERTENSION EXERCISE ON BLOOD PRESSURE AND PULSE RATE REDUCTION FOR HYPERTENSIVE PATIENTS AT MEDICO SIER CLINIC, SURABAYA
xvii + 152 Pages + 22 Tables + 20 Appendices

Hypertension is referred to as a silent killer. Non-pharmacological management can be carried out through hypertension exercises and Pound Fit exercises. If performed regularly and continuously, blood pressure reduction will last longer, and blood vessels will become more elastic. The aim of this study is to determine the effectiveness of Pound Fit exercises compared to hypertension exercises on blood pressure and pulse rate in hypertensive patients at the Medico Sier Clinic in Surabaya.

This study uses a quasi-experimental design. The sample consists of 26 hypertensive patients at the Medico Sier Clinic, selected through purposive sampling. The variables in this study are Pound Fit exercises, hypertension exercises, blood pressure, and pulse rate. Data collection was conducted using the SOP for Hypertension Exercises, SOP for Pound Fit exercises, and a digital sphygmomanometer. Data analysis employed the Wilcoxon test and Mann-Whitney test with $\alpha < 0.05$.

The results of the analysis indicate that before Pound Fit exercises, nearly half of the participants were categorized as having stage 1 hypertension and isolated systolic hypertension; after the exercises, nearly half were categorized as prehypertensive. Meanwhile, the pulse rates before and after Pound Fit exercises were all within the normal range. Before the hypertension exercises, most participants were categorized as having stage 1 hypertension, and after the exercises, half were in the normal range. The pulse rates before and after hypertension exercises were also all within the normal range.

Hypertension exercises are more effective than Pound Fit exercises in reducing systolic blood pressure and pulse rate. However, Pound Fit exercises are more effective than hypertension exercises in lowering diastolic blood pressure.

Keywords: pulse rate, blood pressure, hypertension exercise, pound fit exercise
References : 22 Journals, 5 books (2010 – 2024)