

ABSTRAK

PENGARUH *BRISK WALKING EXERCISE* TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI DI DESA BLURU KIDUL SIDOARJO

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Keadaan kronis hipertensi yang memerlukan penanganan untuk mencegah komplikasi. Penelitian kuasi-eksperimen pretest-posttest dengan kelompok kontrol ini bertujuan menganalisis pengaruh latihan brisk walking terhadap tekanan darah pasien hipertensi di Desa Bluru Kidul, Sidoarjo. Sebanyak 28 responden dibagi menjadi kelompok intervensi (n=14) yang melakukan latihan tiga kali seminggu selama tiga minggu, dan kelompok kontrol (n=14). Pengukuran menggunakan sphygmomanometer terkalibrasi. Hasil analisis statistik (uji t berpasangan dan independen) menunjukkan signifikansi penurunan, pada kelompok intervensi, baik untuk tekanan sistolik (153,79 mmHg menjadi 150,57 mmHg; $p=0,007$) maupun diastolik (98,50 mmHg menjadi 95,93 mmHg; $p=0,012$). Tidak terdapat perubahan signifikan pada kelompok kontrol ($p>0,05$). Perbedaan antar kelompok juga signifikan ($p=0,011$ sistolik; $p=0,009$ diastolik). Simpulan studi ini ialah bahwa latihan brisk walking yang teratur selama tiga minggu efektif menurunkan tekanan darah secara signifikan pada klien hipertensi, dan memberikan inovasi dalam durasi serta frekuensi intervensi dibandingkan studi sebelumnya.

Kata kunci: hipertensi, *brisk walking exercise*, tekanan darah

ABSTRACT

THE EFFECT OF BRISK WALKING EXERCISE ON BLOOD PRESSURE REDUCTION AMONG HYPERTENSIVE PATIENTS IN BLURU KIDUL VILLAGE, SIDOARJO

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Hypertension is a chronic condition requiring management to mitigate potential complications. This quasi-experimental study employed a pretest-posttest control group design to analyze the effect of brisk walking exercise on the blood pressure of hypertensive patients in Bluru Kidul Village, Sidoarjo. A total of 28 respondents were allocated into two groups: an intervention group (n=14) that performed the exercise three times per week for three weeks, and a control group (n=14). Blood pressure was measured using a calibrated sphygmomanometer. Statistical analysis using paired and independent t-tests revealed a significant reduction in the intervention group for both systolic pressure (from 153.79 mmHg to 150.57 mmHg; $p=0.007$) and diastolic pressure (from 98.50 mmHg to 95.93 mmHg; $p=0.012$). Conversely, no significant change was observed in the control group ($p>0.05$). Furthermore, the difference between the two groups was statistically significant ($p=0.011$ for systolic; $p=0.009$ for diastolic). The study concludes that a regular three-week brisk walking regimen is effective in significantly lowering blood pressure in hypertensive clients. This research contributes an innovation in terms of intervention duration and frequency compared to prior studies.

Keywords: hypertension, brisk walking exercise, blood pressure