

## ABSTRAK

### **Pengaruh Senam Lansia Terhadap Perubahan Tekanan Darah Pada Lansia Penderita Hipertensi Di Wilayah Kerja Puskesmas Pucang Sewu Surabaya**

Sayyidah Hilyatul Aulia<sup>1</sup>, Irfany Nurul Hamid<sup>2</sup>, Siti Nur Kholifah<sup>3</sup>, Adin Muafiro

4

Program Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan  
Politeknik Kesehatan Kemenkes Surabaya

E-mail: sayyidahilyaa@gmail.com

Hipertensi termasuk masalah kesehatan penting untuk lansia jumlah kasus semakin tinggi meningkatkan risiko komplikasi kardiovaskular. Selain pengobatan obat, intervensi non-farmakologis seperti senam lansia esensial dalam pengendalian tekanan darah. Penelitian tujuannya meneliti dampak senam lansia pada perubahan tekanan darah lansia hipertensi di Puskesmas Pucang Sewu Surabaya. Penelitian ini mengimplementasikan desain pre-eksperimental jenis one group pretest–posttest. Subjek yang diteliti meliputi 24 lansia hipertensi yang dipilih secara total sampling. Pengukuran tekanan darah dilaksanakan pra dan pasca senam lansia dengan tensimeter digital, selanjutnya diuji normalitas data memanfaatkan *Paired Sample t-Test*. Temuan melihat rata-rata tekanan darah sistolik dan diastolik sebelum dilaksanakan senam lansia 157,66 mmHg dan 82,29 mmHg, sementara sesudah dilaksanakan senam lansia turun jadi 143,5 mmHg dan 73,41 mmHg. Uji statistik merepresentasikan nilai  $p < 0,05$ , menandakan bahwa senam lansia berpengaruh nyata atas turunnya tekanan darah. Senam lansia dapat dianggap intervensi nonfarmakologis yang efektif dan disarankan untuk dilakukan secara rutin dalam layanan kesehatan primer.

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

## ABSTRACT

***The Effect of Elderly Exercise on Changes in Blood Pressure among Older Adults with Hypertension in the Working Area of Pucang Sewu Public Health Center Surabaya***

Sayyidah Hilyatul Aulia<sup>1</sup>, Irfany Nurul Hamid<sup>2</sup>, Dr. Siti Nur Kholifah<sup>3</sup>, Adin Muafiro<sup>4</sup>

*Nursing Study Program, Applied Bachelor of Nursing Department,  
Health Polytechnic of the Ministry of Health Surabaya*

E-mail: sayyidahilyaa@gmail.com

*Hypertension poses significant health risks for older adults, with an increasing prevalence and a high risk of cardiovascular complications. In addition to pharmacological therapy, non-pharmacological interventions such as elderly exercise are needed to control blood pressure. This analysis focused on assessing the role of elderly fitness on fluctuations in blood pressure among hypertensive patients under the care of Pucang Sewu Public Health Center, Surabaya. Utilizing a pre-experimental design, it followed a one-group pretest–posttest strategy. The sample comprised of 24 elderly patients with hypertension obtained with a complete sampling strategy. Blood pressure was taken pre- and post-elderly exercise intervention utilizing a digital sphygmomanometer and assessed utilizing the Shapiro–Wilk normality test. Because the data were normally distributed, the Paired Sample t-Test was applied. The data revealed that the average systolic and diastolic blood pressure of elders before exercising were 157.66 mmHg and 82.29 mmHg, respectively, while post-intervention they reduced to 143.5 mmHg and 73.41 mmHg. Analysis indicated a p-value < 0.05, suggesting elderly exercise significantly impacts blood pressure decrease. Older exercise is verified to be an efficient non-pharmacological intervention in decreasing blood sugar control in senior citizens with diabetes is essential to be implemented routinely in primary health care services.*

**Keywords:** *elderly exercise, hypertension, blood pressure*