

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PRODI DIV KEPERAWATAN  
SKRIPSI, APRIL 2020**

**RESTI AMELIA**

**PENGARUH KOMBINASI SENAM ERGONOMIK DAN  
TERAPI MUSIK KLASIK TERHADAP TEKANAN DARAH  
PADA PRA LANSIA DENGAN HIPERTENSI DI WILAYAH  
KERJA PUSKESMAS PAYUNG SEKAKI PEKANBARU**

Xvi + 54 Halaman + 9 Tabel + 20 Gambar + 1 Skema + 18 Lampiran

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**ABSTRAK**

**Latar Belakang:** Hipertensi dapat didefinisikan sebagai tekanan darah persisten dimana tekanan sistoliknya diatas 140 mmHg dan tekanan diastolik di atas 90 mmHg. Hipertensi dapat menyebabkan stroke, infark miokard, gagal ginjal, gagal jantung dan ensefalopati. Salah satu cara nonfarmakologi yang dapat dilakukan untuk menurunkan Hipertensi adalah melakukan kombinasi senam ergonomik dan terapi musik klasik. **Tujuan Penelitian:** Untuk mengetahui pengaruh kombinasi senam ergonomik dan terapi musik klasik terhadap tekanan darah pada pra lansia dengan Hipertensi. **Metode Penelitian:** Penelitian ini bersifat kuantitatif dengan desain penelitian *pra-eksperimen*, menggunakan metode *one group pre-test post-test* dengan uji *Wilcoxon signed rank test*. Penelitian ini dilakukan di Wilayah Kerja Puskesmas Payung Sekaki, dengan sampel sebanyak 15 orang menggunakan metode *purposive sampling*. **Hasil Penelitian:** Menunjukkan ada pengaruh kombinasi senam ergonomik dan terapi musik klasik terhadap tekanan darah pada pra lansia. Pada hasil uji statistik *Wilcoxon signed rank test* didapat nilai *p-value* tekanan darah sistolik sebesar 0,003 pada  $\alpha$  5% dan didapat nilai *p-value* tekanan darah diastolik sebesar 0,004 pada  $\alpha$  5%, yang berarti *p-value* <  $\alpha$ . **Kesimpulan:** Ada pengaruh kombinasi senam ergonomik dan terapi musik klasik terhadap tekanan darah pada pra lansia dengan Hipertensi di Wilayah Kerja Puskesmas Payung Sekaki Pekanbaru. **Saran:** Peneliti berharap penelitian ini dapat dijadikan referensi bagi peneliti selanjutnya dan dapat mengembangkan atau menambahkan variabel lain.

Kata Kunci : Tekanan Darah, Hipertensi, Senam Ergonomik, Terapi Musik Klasik

Daftar Pustaka : 34 Referensi (2010 – 2019)

**HEALTH MINISTRY OF THE REPUBLIC OF INDONESIA  
RIAU HEALTH POLYTECHNIC OF HEALTH MINISTRY  
DEPARTMENT OF NURSING  
RESEARCH, APRIL 2020**

**RESTI AMELIA**

**THE EFFECT OF COMBINATION OF ERGONOMIC GYM  
AND CLASSICAL MUSIC THERAPY ON BLOOD PRESSURE  
IN ELDERLY WITH HYPERTENSION IN THE WORK AREA  
OF THE PAYUNG SEKAKI HEALTH CENTER IN  
PEKANBARU**

Xvi + 54 Pages + 9 Tables + 20 Pictures + 1 Schemes + 18 Attachments

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**ABSTRACT**

**Background:** Hypertension can be defined as persistent blood pressure where the systolic pressure is above 140 mmHg and the diastolic pressure is above 90 mmHg. Hypertension can cause strokes, myocardial infarction, kidney failure, heart failure and encephalopathy. One non-pharmacological way that can be done to reduce hypertension is to do a combination of ergonomic exercises and classical music therapy. **The Purpose of this Study:** To determine the effect of a combination of ergonomic exercises and classical music therapy on blood pressure in elderly with hypertension. **Research Methods:** This research is quantitative with a pre-experimental research design, using the one group pre-test post-test method with the Wilcoxon signed rank test. This research was conducted in the Work Area of the Payung Sekaki Health Center in Pekanbaru, with a sample of 15 people using a purposive sampling method. **The Results of the Study:** showed that there was an effect of a combination of ergonomic exercises and classical music therapy on blood pressure in the elderly. In the Wilcoxon signed rank test statistical test results obtained p-value of systolic blood pressure of 0.003 at  $\alpha$  5% and obtained diastolic blood pressure p-value of 0.004 at  $\alpha$  5%, which means p-value  $< \alpha$ . **Conclusion:** There is an effect of a combination of ergonomic exercises and classical music therapy on blood pressure in the elderly in the Work Area of the Payung Sekaki Health Center in Pekanbaru. **Suggestion:** researchers hope this research can be used as a reference for further researchers and can develop or add other variables.

**Keywords** :Blood Pressure, Hypertension, Ergonomic Exercises, Classical Music Therapy

**References** : 34 References (2010 - 2019)