

## ABSTRAK

Kenisa Nazlia Rizal (2022). *Penerapan Senam Otot Progresif dalam Menurunkan Tekanan Darah Pada Lansia Hipertensi di Wilayah Kerja Puskesmas Sidomulyo Rawat Jalan*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Syafrisar Meri Agritubella, M.Kep, (II) Ns. Nia Khusniyati M., M.Kep.

Hipertensi merupakan meningkatnya tekanan darah sistolik menjadi 140 mmHg dan meningkatnya tekanan darah diastolik menjadi 90 mmHg. Prevalensi hipertensi di Indonesia pada usia 45-54 tahun sebanyak 45,3%, usia 55-64 tahun sebanyak 55,2%, usia 65-74 tahun sebanyak 63,2%, dan pada usia  $\geq 75$  tahun sebanyak 69,5%. Diketahui bahwa penderita hipertensi terbanyak adalah dari kalangan lansia. Penderita hipertensi sangat penting diberikan asuhan berupa implementasi keperawatan. Implementasi keperawatan yang dapat dilakukan tidak hanya menggunakan terapi farmakologis, tetapi didukung juga dengan pemberian terapi non-farmakologis, salah satunya yaitu penerapan senam otot progresif untuk membantu penderita hipertensi secara mandiri sehingga penderita hipertensi mampu mengendalikan tekanan darah pada saat di rumah. Penderita hipertensi berisiko tinggi mengalami penyakit jantung, gangguan syaraf, ginjal, serta pembuluh darah. Penelitian ini bertujuan untuk mendeskripsikan penerapan senam otot progresif dalam menurunkan tekanan darah pada lansia hipertensi di Wilayah Kerja Puskesmas Sidomulyo Rawat Jalan. Metode penelitian dilakukan dengan wawancara menggunakan pedoman wawancara yang telah disiapkan. Dari hasil dari studi kasus diketahui bahwa penerapan senam otot progresif dapat mempengaruhi penurunan tekanan darah, dimana terdapat selisih tekanan darah antara sebelum dan setelah dilakukan senam otot progresif. Saran agar perawat dapat melaksanakan penerapan senam otot progresif untuk menurunkan tekanan darah pada lansia hipertensi di Wilayah Kerja Puskesmas Sidomulyo Rawat Jalan.

**Kata Kunci** : Lansia, Hipertensi, Senam Otot Progresif

## **ABSTRACT**

Kenisa Nazlia Rizal (2022). *The Application of Progressive Muscle Exercise in Lowering Blood Pressure in The Elderly With Hypertension in The Working Area of The Puskesmas Sidomulyo Rawat Jalan*. Descriptive Case Study, Nursing Diploma Program, Nursing Major, Health Polytechnic of Riau. Supervisor (I) Ns. Syafrisar Meri Agritubella, M.Kep, (II) Ns. Nia Khusniyati M., M.Kep.

Hypertension is an increase in systolic blood pressure to 140 mmHg and an increase in diastolic blood pressure to 90 mmHg. The prevalence of hypertension in Indonesia at 45-54 years is 45.3%, 55-64 years is 55.2%, 65-74 years is 63.2%, and 75 years is 69.5%. It is known that most people with hypertension are from the elderly. It is very important for patients with hypertension to be given care in the form of nursing implementation. Nursing implementation that can be done not only uses pharmacological therapy, but is also supported by the provision of non-pharmacological therapy, one of which is the application of progressive muscle exercise to help hypertension sufferers independently so that hypertension sufferers are able to control blood pressure at home. Patients with hypertension are at high risk for heart disease, neurological disorders, kidneys, and blood vessels. This study aims to describe the application of progressive muscle exercise in reducing blood pressure in the elderly with hypertension in the Sidomulyo Outpatient Health Center Work Area. The research method was conducted by interview using the interview guide that had been prepared. From the results of the case study, it is known that the application of progressive muscle exercise can affect the decrease in blood pressure, where there is a difference in blood pressure between before and after progressive muscle exercise. Suggestions for nurses to implement progressive muscle exercise to reduce blood pressure in the elderly with hypertension in the Sidomulyo Outpatient Health Center Work Area.

**Keywords** : Elderly, Hypertension, Progressive Muscle Exercise