

ABSTRAK

Anggun Gloria Nadeak (2025). *Penerapan Senam Kardio untuk Menurunkan Tekanan Darah pada Pasien Hipertensi di Wilayah Kerja Puskesmas Simpang Tiga*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Ns. Nia Khusniyati, M.Kep., Sp. Kep.M.B (II) Ns. Magdalena, SST., S.Kep., M.Kes.

Latar Belakang : Hipertensi adalah hasil pengukuran tekanan darah sistolik yang dimiliki ≥ 140 mmHg dan tekanan darah diastolic yang dimiliki ≥ 90 mmHg setelah dilakukan pemeriksaan tekanan darah berulang. Salah satu penatalaksanaan non-farmakologis yaitu senam kardio. Senam kardio menyebabkan ke elastisan pada pembuluh darah membuat tekanan darah menurun.

Tujuan Penelitian : menggambarkan penerapan senam kardio untuk menurunkan tekanan darah pada pasien hipertensi. **Metode Penelitian :** Penelitian ini adalah penelitian deskriptif desain studi kasus dengan 2 subyek. Penelitian ini dilakukan pada tanggal 13 s.d 20 Maret 2025, dengan penerapan senam kardio dilakukan selama 6 hari. **Hasil Penelitian :** terdapat selisih tekanan darah subjek 1 pre dan post senam kardio yaitu menurun sebanyak 23 mmHg (sistol) dan 20 mmHg (diastol) . Dan subjek 2 selisih tekanan darah pre dan post senam kardio yaitu 20 mmHg (sistol) dan 12 mmHg (diastol). **Kesimpulan :** Hasil penelitian menunjukkan adanya penurunan tekanan darah pada subjek 1 dan 2 setelah dilakukan intervensi senam kardio. Saran : Diharapkan dapat diterapkan secara sistematis oleh subjek 1 dan 2 guna menurunkan tekanan darah di wilayah kerja Puskesmas Simpang Tiga.

Kata Kunci : Hipertensi, Tekanan darah, Senam kardio

ABSTRACT

Anggun Gloria Nadeak (2025). *The Application of Cardio Exercise to Lower Blood Pressure in Hypertensive Patients in the Working Area of Simpang Tiga Public Health Center.* Case Study Scientific Paper, Diploma III Nursing Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisors: (I) Ns. Nia Khusniyati, M.Kep., Sp. Kep.M.B; (II) Ns. Magdalena, SST., S.Kep., M.Kes.

Background: Hypertension is defined as a systolic blood pressure measurement of ≥ 140 mmHg and a diastolic blood pressure measurement of ≥ 90 mmHg after repeated blood pressure examinations. One of the non-pharmacological management strategies is cardio exercise. Cardio exercise improves the elasticity of blood vessels, which helps lower blood pressure. **Objective:** To describe the implementation of cardio exercise in reducing blood pressure in patients with hypertension. **Method:** This research is a descriptive study with a case study design involving two subjects. The study was conducted from March 13 to March 20, 2025, with cardio exercise implemented over six days. **Results:** There was a difference in blood pressure in subject 1 before and after cardio exercise, with a decrease of 23 mmHg (systolic) and 20 mmHg (diastolic). In subject 2, the difference in blood pressure before and after cardio exercise was 20 mmHg (systolic) and 12 mmHg (diastolic). **Conclusion:** The results of the study indicate a decrease in blood pressure in both subjects after the cardio exercise intervention. **Suggestion:** It is recommended that subjects 1 and 2 systematically continue the cardio exercise in order to reduce blood pressure within the working area of the Simpang Tiga Public Health Center.

Keywords: Hypertension, Blood Pressure, Cardio Exercise