

ABSTRAK

Luluk Nafisatul 'Aini.M (2025). Penerapan Senam Tera pada Lansia Hipertensi di Wilayah Kerja Puskesmas Rumbai. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. WiwiekF Delvira, S.Kep., M.Kep, (II) Ns. Syafrisar Meri Agritubella, M.Kep.

Hipertensi merupakan salah satu penyakit degeneratif yang umum terjadi pada lansia dan dapat meningkatkan risiko komplikasi kardiovaskular. **Tujuan** penelitian ini untuk mengetahui pengaruh penerapan Senam Tera terhadap penurunan tekanan darah pada lansia penderita hipertensi di wilayah kerja Puskesmas Rumbai. **Metode** penelitian menggunakan pendekatan studi kasus dengan dua subjek lansia berusia 60-69 tahun yang mengalami hipertensi derajat 2 dan tidak sedang menjalani pengobatan farmakologis. **Intervensi** dilakukan selama 5 hari berturut-turut dengan durasi 25–30 menit per sesi. Pengukuran tekanan darah dilakukan sebelum dan sesudah pelaksanaan senam. **Hasil** menunjukkan bahwa terdapat penurunan tekanan darah signifikan pada kedua subjek setelah penerapan Senam Tera. Subjek pertama mengalami penurunan dari 170/107 mmHg menjadi 130/85 mmHg, sedangkan subjek kedua dari 210/140 mmHg menjadi 173/84 mmHg. **Dapat disimpulkan** bahwa Senam Tera efektif sebagai terapi nonfarmakologis dalam membantu menurunkan tekanan darah lansia hipertensi. Aktivitas ini aman, murah, dan dapat dilakukan secara mandiri oleh lansia.

Kata Kunci: Hipertensi, Lansia, Senam Tera, Terapi Nonfarmakologis

ABSTRACT

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Hypertension is one of the degenerative diseases that commonly occur in the elderly and can increase the risk of cardiovascular complications. The purpose of this study is to determine the effect of the application of Tera Gymnastics on reducing blood pressure in elderly people with hypertension in the working area of the Rumbai Health Center. The research method used a case study approach with two elderly subjects aged 60-69 years who had grade 2 hypertension and were not undergoing pharmacological treatment. The intervention was carried out for 5 consecutive days with a duration of 25–30 minutes per session. Blood pressure measurements were carried out before and after the implementation of gymnastics. The results showed that there was a significant decrease in blood pressure in both subjects after the application of Tera Gymnastics. The first subject had a decrease from 170/107 mmHg to 130/85 mmHg, while the second subject went from 210/140 mmHg to 173/84 mmHg. It can be concluded that Tera Gymnastics is effective as a non-pharmacological therapy in helping to lower blood pressure in the hypertensive elderly. This activity is safe, cheap, and can be done independently by the elderly.

Keywords:*Elderly, Hypertension, Non-Pharmacological Therapy Tera Gymnastics.*