

ABSTRAK

Khumayroh (2025) Penerapan Isometric Handgrip Exercise Terhadap Tekanan Darah Pada Pasien Hipertensi Di Puskesmas Simpang Tiga, Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Yoza Misra Fatmi,M.Kep.,Sp.Kep.M.B (II) Dr.Ibnu Rusdi,S.Kp.,M.Kes.

Hipertensi merupakan suatu keadaan dimana seseorang mengalami peningkatan tekanan darah di atas normal. Seseorang dapat dikatakan mengalami peningkatan tekanan darah apabila tekanan darah sistolik ≥ 140 mmHg atau tekanan darah diastolik ≥ 90 mmHg. Penelitian ini **bertujuan** untuk mengetahui pengaruh penerapan terapi Isometric Handgrip Exercise terhadap tekanan darah pada pasien hipertensi. **Desain** yang digunakan adalah studi kasus dengan dua responden perempuan berusia 40 dan 43 tahun yang tidak sedang mengonsumsi obat antihipertensi. **Terapi** dilakukan selama 5 hari berturut-turut, satu kali per hari selama 15 menit. **Hasil** menunjukkan adanya penurunan signifikan tekanan darah sistolik dan diastolik pada kedua subjek. Subjek 1 mengalami penurunan dari 152/95 mmHg menjadi 118/81 mmHg, dan subjek 2 dari 155/96 mmHg menjadi 120/80 mmHg. **Kesimpulan** dari penelitian adalah bahwa *isometric handgrip exercise* efektif menurunkan tekanan darah pada pasien hipertensi, penerapan ini bersifat sederhana, murah, dan dapat dilakukan secara mandiri. Terapi ini dapat digunakan sebagai **metode** non-farmakologis untuk mengontrol tekanan darah secara mandiri.

Kata kunci: hipertensi, tekanan darah, terapi non-farmakologis, Isometric Handgrip Exercise, studi kasus.

ABSTRACT

Khumayroh (2025) *Application of Isometric Handgrip Exercise on Blood Pressure in Hypertension Patients at Simpang Tiga Health Center, Scientific Paper Case Study, DIII Nursing Study Program Pekanbaru, Nursing Department, Health Polytechnic, Riau Ministry of Health. Advisor (I) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B (II) Dr.Ibnu Rusdi, S.Kp., M.Kes.*

Hypertension is a condition in which a person experiences an increase in blood pressure above the normal range. A person is considered to have high blood pressure if their systolic blood pressure is ≥ 140 mmHg or their diastolic blood pressure is ≥ 90 mmHg. This study aims to determine the effect of **Isometric Handgrip Exercise therapy** on blood pressure in hypertensive patients. The study design used was a case study involving two female respondents aged 40 and 43 years who were not taking any antihypertensive medication. The therapy was carried out for five consecutive days, once daily for 15 minutes. The results showed a significant reduction in both systolic and diastolic blood pressure in both subjects. Subject 1 experienced a decrease from 152/95 mmHg to 118/81 mmHg, and subject 2 from 155/96 mmHg to 120/80 mmHg. The conclusion of the study is that **Isometric Handgrip Exercise** is effective in lowering blood pressure in hypertensive patients. This intervention is simple, inexpensive, and can be performed independently. It may serve as a non-pharmacological method to help control blood pressure on a self-care basis.

Keywords: hypertension, blood pressure, non-pharmacological therapy, Isometric Handgrip Exercise, case study