

ABSTRAK

Dwi Aulia Putri (2026). *Efektivitas Senam Hipertensi terhadap Tekanan Darah pada Lansia Hipertensi di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru*. Karya Tulis Akhir. Program Studi Sarjana Terapan Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kementerian Kesehatan Riau. Pembimbing (I) Ns. Usraleli, M.Kep; Pembimbing (II) Ira Oktaviani, S.Farm., Apt., M.Farm.

Latar Belakang: Hipertensi merupakan masalah kesehatan yang prevalensinya tinggi pada lansia, termasuk di wilayah kerja Puskesmas Simpang Tiga Pekanbaru yang tercatat sebagai puskesmas dengan jumlah penderita hipertensi terbanyak di Kota Pekanbaru. Senam hipertensi merupakan salah satu terapi nonfarmakologis yang berpotensi membantu menurunkan tekanan darah melalui mekanisme vasodilatasi dan peningkatan elastisitas pembuluh darah. **Tujuan:** Penelitian ini bertujuan untuk mengetahui efektivitas senam hipertensi terhadap tekanan darah pada lansia hipertensi di wilayah kerja Puskesmas Simpang Tiga Pekanbaru. **Metode:** Penelitian ini menggunakan desain quasi-experimental dengan pendekatan pre-test dan post-test disertai kelompok kontrol. Jumlah responden sebanyak 30 orang yang dibagi menjadi 15 responden kelompok intervensi dan 15 responden kelompok kontrol. Intervensi berupa senam hipertensi dilakukan sekali seminggu selama empat minggu. Analisis data menggunakan uji Wilcoxon Signed Rank Test dan uji Mann-Whitney. **Hasil:** Rata-rata tekanan darah sistolik kelompok intervensi menurun dari 148,47 mmHg menjadi 139,67 mmHg, dan tekanan darah diastolik menurun dari 83,47 mmHg menjadi 76,33 mmHg. Hasil uji Wilcoxon menunjukkan perbedaan signifikan pada tekanan darah sistolik ($p=0,001$) dan diastolik ($p=0,001$) sebelum dan sesudah intervensi. Hasil uji Mann-Whitney menunjukkan perbedaan penurunan tekanan darah yang bermakna antara kelompok intervensi dan kelompok kontrol ($p=0,0001$). **Kesimpulan:** Senam hipertensi terbukti efektif dalam menurunkan tekanan darah sistolik dan diastolik pada lansia hipertensi di wilayah kerja Puskesmas Simpang Tiga Pekanbaru. Senam hipertensi direkomendasikan sebagai intervensi nonfarmakologis yang dapat diterapkan secara mandiri oleh lansia penderita hipertensi.

Kata Kunci: Senam hipertensi, tekanan darah, lansia, hipertensi, nonfarmakologis

ABSTRACT

Dwi Aulia Putri (2026). *The Effectiveness of Hypertension Exercise on Blood Pressure in Elderly Patients with Hypertension in the Working Area of Simpang Tiga Primary Health Center, Pekanbaru*. Final Scientific Paper. Applied Bachelor of Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health of Riau. Supervisor (I) Ns. Usraleli, M.Kep; Supervisor (II) Ira Oktaviani, S.Farm., Apt., M.Farm.

Background: Hypertension remains a prevalent health problem among the elderly, including in the working area of Simpang Tiga Primary Health Center (Puskesmas), which was recorded as having the highest number of hypertension cases in Pekanbaru. Hypertension exercise is a non-pharmacological therapy with potential to reduce blood pressure through vasodilation and improved vascular elasticity.

Objective: This study aimed to determine the effectiveness of hypertension exercise on blood pressure in elderly patients with hypertension in the working area of Simpang Tiga Primary Health Center, Pekanbaru. **Methods:** A quasi-experimental design with pre-test and post-test approach and a control group was used. Thirty respondents were divided equally into an intervention group (n=15) and a control group (n=15). The intervention consisted of hypertension exercise conducted once a week for four weeks. Data were analyzed using the Wilcoxon Signed Rank Test and Mann-Whitney Test. **Results:** The mean systolic blood pressure in the intervention group decreased from 148.47 mmHg to 139.67 mmHg, and mean diastolic blood pressure decreased from 83.47 mmHg to 76.33 mmHg. The Wilcoxon test revealed a significant difference in both systolic ($p=0.001$) and diastolic ($p=0.001$) blood pressure before and after the intervention. The Mann-Whitney test demonstrated a significant difference in blood pressure reduction between the intervention and control groups ($p=0.0001$). **Conclusion:** Hypertension exercise was proven effective in reducing systolic and diastolic blood pressure in elderly patients with hypertension in the working area of Simpang Tiga Primary Health Center, Pekanbaru. It is recommended as an independent non-pharmacological intervention for elderly individuals with hypertension.

Keywords: Hypertension exercise, blood pressure, elderly, hypertension, non-pharmacological