

ABSTRAK

Salah satu penyakit yang sering dijumpai Di Uptd Puskesmas Pabuaran Kabupaten Subang adalah hipertensi. Meningkatnya jumlah penderita hipertensi salah satunya karena kurang melakukan aktifitas fisik. Senam prolanis dan jalan kaki bisa menjadi alternatif penurunan tekanan darah. Tujuan dari penelitian ini untuk mengetahui Pengaruh Senam Prolanis Dan Jalan Kaki Terhadap Tekanan Darah Pada Penderita Hipertensi Di Uptd Puskesmas Pabuaran Kabupaten Subang. Metode penelitian berupa *Pre eskperimen* dengan pendekatan *One group pretest-posttest design*. Teknik pengambilan sampel berupa *Purposive Sampling* sehingga didapatkan sample sebanyak 17 orang. Analisa dalam penelitian menggunakan uji *Paired T-Test*. Lama waktu penelitian selama 3X dalam Seminggu. Intrumen yang digunakan dalam penelitian ini yaitu, spigmomanometer digital, dan lembar observasi, dan prosedur kerja. Hasil menunjukan tekanan darah sebelum senam prolanis dan jalan kaki yaitu 159.35 mmHg, sedangkan rata-rata diastol yaitu 96,65 mmHg. Setelah senam prolanis dan jalan kaki yaitu 135,94 mmHg dan rata-rata diastol 83,82 mmHg. Didapatkan bahwa ada pengaruh tekanan darah sebelum dan setelah senam prolanis dan jalan kaki ($0,00 < 0,05$). Senam prolanis dan jalan kaki dapat dijadikan salah satu alternatif terapi nonfarmakologi dalam penanganan hipertensi.

Kata Kunci : Hipertensi, Jalan Kaki, Senam Prolanis

Referensi : 18 Jurnal (2017-2022)

13 Buku (2014-2022)

7 Web (2019-2022)

ABSTRACT

One of the common diseases encountered at the Uptd Puskesmas Pabuaran in Subang Regency is hypertension. The increasing number of hypertension patients is partly due to a lack of physical activity. Prolanis aerobic exercise with walking can be an alternative for reducing blood pressure. The aim of this research is to determine the Effect of Prolanis Aerobic Exercise with Walking on Blood Pressure in Hypertensive Patients at Uptd Puskesmas Pabuaran in Subang Regency. The research method used is a quasi-experimental design with a One group pretest-posttest approach. The sample was taken using Purposive Sampling, resulting in a sample size of 17 individuals. The analysis in the study used the Paired T-Test. The research duration was three times a week. The instruments used in this study included a digital sphygmomanometer, observation sheets, and work procedures. The results showed that the blood pressure before Prolanis aerobic exercise with walking was 159.35 mmHg, with an average diastolic pressure of 96.65 mmHg. After Prolanis aerobic exercise with walking, the blood pressure was 135.94 mmHg, with an average diastolic pressure of 83.82 mmHg. It was found that there was a significant difference in blood pressure before and after Prolanis aerobic exercise with walking ($0.000 < 0.05$). Prolanis aerobic exercise with walking can be considered as one of the non-pharmacological therapy alternatives in managing hypertension.

Keywords : Hypertension, Walking, Prolanis Aerobic Exercise

References : 18 Journals (2017-2022)

13 Books (2014-2022)

7 Websites (2019-2022)