

ABSTRAK

Aktivitas fisik mempengaruhi meningkatnya derajat hipertensi pada penderita hipertensi karena orang yang kurang melakukan aktivitas fisik cenderung mempunyai frekuensi denyut jantung lebih tinggi sehingga otot jantung harus bekerja lebih keras pada saat kontraksi. Tujuan penelitian ini untuk mengetahui hubungan antara aktivitas fisik dengan derajat hipertensi di UPT Puskesmas Caringin Bandung.

Jenis penelitian ini kuantitatif dengan rancangan *deskriptif korelasional*. Populasi dalam penelitian ini berjumlah 109 dengan sampel 53 penderita hipertensi. Teknik sampling menggunakan *Accidental Sampling*. Analisa univariat dan bivariat menggunakan *Spearman's Rho*. Teknik pengumpulan data menggunakan kuesioner GPAQ dan Spigmanometer.

Hasil analisa univariat didapatkan hampir sebagian responden melakukan aktivitas ringan (43.3%) dan hampir sebagian responden di derajat 3 (45.3 %). Hasil analisa bivariat didapatkan p-value 0,005 sehingga disimpulkan bahwa terdapat hubungan antara aktivitas fisik dengan derajat hipertensi di UPT Puskesmas Caringin Kota Bandung. Berdasarkan penelitian ini, disarankan bagi puskesmas untuk mengadakan kembali kegiatan senam setiap rutin minggunya sebagai upaya pengendalian hipertensi melalui aktivitas fisik.

Kata Kunci : Aktivitas Fisik, Derajat Hipertensi, Penderita Hipertensi

Daftar Pustaka : 21 Buku (2014-2022)

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ABSTRACT

Physical activity affects the increase in the degree of hypertension in hypertensive patients because people who do less physical activity tend to have a higher heart rate so that the heart muscle has to work harder during contractions. The purpose of this study was to determine the relationship between physical activity and the degree of hypertension at UPT Puskesmas Caringin Bandung.

This type of research is quantitative with a descriptive correlational design. The population in this study amounted to 109 with a sample of 53 patients with hypertension. The sampling technique used Accidental Sampling. Univariate and bivariate analysis using Spearman's Rho. Data collection techniques using the GPAQ questionnaire and Spigmanometer.

The results of the univariate analysis showed that almost most of the respondents did light activities (43.3%) and almost most of the respondents were in degree 3 (45.3%). The results of the bivariate analysis obtained a p-value of 0.005 so it was concluded that there was a relationship between physical activity and the degree of hypertension at the Caringin Health Center UPT, Bandung City. Based on this research, it is recommended for puskesmas to hold gymnastics activities again every week as an effort to control hypertension through physical activity.

Keywords : Physical Activity, Degree of Hypertension, Hypertension Patients

Bibliography : 21 Books (2014-2022)

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Journals

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