

ABSTRAK

Hipertensi ialah bentuk penyakit tidak menular yang menjadi salah satu penyebab utama bentuk kematian prematur di dunia. Proporsi hipertensi di usia 65-74 tahun yakni 63,2% dan usia > 75 tahun yakni 69,5%. Artinya secara fisiologis semakin tingginya umur seseorang membuat meningkatnya risiko mengalami hipertensi. Pelaksanaan salah satu kegiatan olahraga yang dapat dilakukan oleh lansia yaitu senam lansia.

Tujuan literature review ini adalah mengetahui pengaruh senam lansia terhadap tekanan darah pada lansia penderita hipertensi.

Penelitian ini menggunakan jenis penelitian *literature review* dengan pendekatan *systematic literature review (SLR)*. Populasi pada literature review ini sebanyak 4.291 jurnal dan sampel sebanyak 5 jurnal. Teknik sampling yang digunakan yaitu *puspositive sampling* dengan kriteria inklusi dan eksklusi. Uji kelayakan jurnal menggunakan *instrument Joanna Briggs Institue Critical Appraisal Tools* yaitu *JBICritical Appraisal Checklist for Quasi-Experimental Studies (non-randomized experimental studies)*.

Hasil penelitian dari kelima jurnal pada *literature review* ini terdapat pengaruh senam lansia terhadap tekanan darah pada lansia penderita hipertensi. Semakin rutin lansia melakukan aktivitas fisik atau olahraga (senam lansia) maka dapat membuat pembuluh darah menjadi elastis dan tidak terjadi peningkatan pada tekanan darah. Peneliti selanjutnya dapat melakukan penelitian dengan menggunakan variabel bebas seperti berjalan, bersepeda, berenang, dan lain-lain serta instansi pelayanan kesehatan dapat melakukan pengelolaan melalui pemberian asuhan keperawatan pada klien yang mengalami hipertensi.

Kata Kunci : Hipertensi, Senam Lansia, Tekanan Darah
Daftar Pustaka : 15 Buku (1995-2021)
4 Website (2016-2019)
20 Jurnal (2013-2021)

ABSTRACT

Hypertension is a form of the noncommunicable diseases that is one of the main causes of premature death in the world. The proportion of hypertension for the people at the age of 65-74 is 63.2% and those who are >75 years old is 69.5%. This means that physiologically the older a person is, the higher the risk of getting hypertension for them. One of the sports that can be done by the elderly to avoid hypertension is elderly gymnastics.

The purpose of this literature review is to determine the effect of elderly gymnastics on blood pressure on elderly patients who suffer from hypertension.

This research is literature review research that used systematic literature review (SLR) approach. The population for this literature review was 4.291 journals and a sample of 5 journals. The researcher utilized purposive sampling technique using inclusion and exclusion criteria. In addition, the researcher did the journal feasibility test using Joanna Briggs Institute Critical Appraisal Tools that was JBI's Critical Appraisal Checklist for Quasi-Experimental Studies (non-randomized experimental studies) instrument.

The results from the five journals on literature review in this study showed that elderly gymnastic had an effect on blood pressure on elderly patients who had hypertension. Regular physical activities or exercises (elderly gymnastics) could make the blood vessels to become elastic and there was no increase on blood pressure. Future researchers can conduct research using independent variables such as walking, cycling, swimming, and other exercises. Furthermore, health service agencies can help through nursing for clients who have hypertension.

Keywords : Hypertension, Elderly Gymnastic, Blood Pressure
Bibliography : 15 books (1995-2021)
4 websites (2016-2019)
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