

ABSTRACT

THE EFFECT OF EXERCISE : LOW IMPACT AEROBIC ON BLOOD PRESSURE AND COMPLAINTS OF MENOPAUSAL WOMEN

Pre Experimental Research

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Introduction: Various efforts can be made to overcome the symptoms and complaints that occur in menopausal women, one of them with physical activity. Aerobic low impact is one physical activity that is essential for the maintenance of physical and psychological health so as to reduce the symptoms and complaints of menopausal women as well as to improve the quality of life. The research to determine the effect of aerobic low impact on blood pressure and complaints of menopausal women. **Methods:** the design of this research was one group pre test an post test design involving one group subject. This study took 54 respondents of menopausal women. This study used purposive sampling. This study used the MRS (Menopause Rating Scale) questionnaire to find out the complaints felt by menopausal women. The independent variables were aerobic low impact and the dependent variables were blood pressure and complaints menopausal women. The data were collected and analyzed by using Paired t-test with significance level of $p \leq 0,05$ for interval data scale. For ordinal data scale the analysis was done using Wilcoxon Signed Ranks test in the significance level of $p \leq 0,05$. **Result:** Result showed that aerobic low impact had significantly effect on the stabilization of systolic blood pressure ($p=0,000$), diastolic blood pressure ($p=0,000$), and menopausal syndrome or menopausal complaints ($p=0,000$). It can be concluded that there are significant effect of aerobic low impact in the blood pressure and menopausal complaints. **Discussion:** Low aerobic exercise intensity is the most suitable gymnastic for menopausal women. Aerobic low impact may have influence on menopause women if it is done frequently and continuously. Further studies should measure the effect of aerobic low impact on the increase of fitness in menopause women especially in the immunity system particularly that concerning with the role of interferon and immunoglobulin.

Keywords : aerobic low impact, blood Pressure, menopause