

MANFAAT SENAM TERA TERHADAP KEBUGARAN LANSIA
Penelitian Quasy Experimental di Panti Tresna Werdha Bahagia, Magetan

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ABSTRAK

Masalah kesehatan sering ditemukan pada seseorang berusia diatas 55 tahun. Hal ini mempengaruhi sistem kardiovaskuler dan Imunologi. Mekanisme ini akan menyebabkan penurunan kebugaran pada lansia. Tujuan penelitian ini adalah menganalisis pengaruh senam tera terhadap kebugaran lansia. Desain yang digunakan adalah Quasi eksperimen dengan jumlah responden sebanyak 12 orang. Teknik sampling yang digunakan purposive sampling. Variabel independent pada penelitian ini adalah senam tera dan variabel dependet adalah kebugaran pada lansia. Data dianalisis dengan menggunakan uji statistik t – test.

Hasil menunjukkan bahwa ada pengaruh senam tera terhadap stabilitas nadi ($p = 0,012$), tekanan darah sistolik ($p = 0,04$), tekanan darah diastolik ($p = 0,041$), pernafasan ($p = 0,022$), and kadar Immunoglobulin ($p = 0,002$). Dapat disimpulkan bahwa senam tera berpengaruh dalam menurunkan nadi istirahat, tekanan darah, menurunkan jumlah pernafasan dan menstabilkan kadar Immunoglobulin untuk meningkatkan tingkat kebugaran lansia. Penelitian selanjutnya diharapkan dapat mempelajari pengaruh senam tera terhadap sistem imunologi lainnya seperti fungsi interferon.

Kata kunci : lansia, senam tera, kebugaran

THE EFFECT OF TERA EXERCISE ON THE INCREASE OF FITNESS IN ELDERLY

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ABSTRACT

The health problem is frequently found to those more than 55 years old. It has adverse effect on cardiovascular and Immunological system. It can decrease the physical fitness in Elderly. The objective of the study was to analyze the effect of Tera exercise on the increase of fitness in Elderly. The design of this study was quasy experiment design involving two group subject. This study took 12 respondents of Elderly. This study used purposive sampling. The independent variable was Tera exercise and the dependent variable was the increased of fitness in Elderly. The data were collected and analyzed by using t-test with significance level of $\alpha \leq 0.05$ for Ratio data scale.

Result showed that tera exercise had significantly effect on the stabilization of pulse rate ($p = 0,012$), systolic blood pressure ($p = 0,04$), diastolic blood pressure ($p = 0,041$), respiratory rate ($p = 0,022$), and Immunoglobulin level ($p = 0,002$). It can be concluded that there are significant effects of Tera exercise in the decrease of pulse rate, blood pressure, respiratory rate and stabilize Immunoglobulin level for increasing the fitness of Elderly. Further studies should measure the effect of tera exercise on the increase of fitness in Elderly especially in the others immunity system particularly that concerning with the role of interferon.

Keywords : elderly, Tera exercise, fitness