

ABSTRAK

**PENGARUH SENAM ANTI STROKE TERHADAP PENURUNAN
TEKANAN DARAH PADA LANSIA DENGAN HIPERTENSI
DI UPTD GRIYA WREDA SURABAYA**

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Pendahuluan: Hipertensi merupakan salah satu masalah kesehatan serius di masyarakat. Hal tersebut dikarenakan tingginya jumlah morbiditas dan mortalitas akibat hipertensi setiap tahunnya. Umumnya pengobatan hipertensi dapat dilakukan melalui 2 cara, yaitu farmakologis dan nonfarmakologis. Senam anti stroke merupakan salah satu terapi nonfarmakologis yang dapat direkomendasikan untuk penderita hipertensi. Tujuan penelitian mengetahui pengaruh senam anti stroke terhadap penurunan tekanan darah pada lansia dengan hipertensi. **Metode:** Penelitian ini menggunakan *pra-experimental one group pra-post test design* dengan *purposive sampling*. Total populasi 36 lansia dengan hipertensi dan didapat sampel 19 lansia. Instrumen menggunakan lembar observasi. Variabel independen adalah senam anti stroke dan variabel dependen adalah tekanan darah sistolik. Analisis menggunakan uji *paired sampel t-test*. **Hasil:** Terdapat penurunan tekanan darah sistolik yang signifikan antara *mean* sebelum dan sesudah diberikan intervensi senam anti stroke, yaitu diperoleh nilai $p = 0,000$ dimana nilai p lebih kecil dari nilai α ($p \leq \alpha$ (0,05)). **Diskusi:** Senam anti stroke yang terdiri dari 3 tahap yaitu pemanasan, inti, dan pendinginan ternyata berpengaruh dalam menurunkan tekanan darah. Perawat dapat menerapkan senam anti stroke ini sebagai terapi non-farmakologis pada lansia dengan hipertensi dan penelitian selanjutnya perlu menambahkan jumlah sampel dan kelompok kontrol.

Kata Kunci: Terapi, Tekanan darah, Senam Anti Stroke, Lansia.

ABSTRACT

**THE INFLUENCE OF ANTI-STROKE EXERCISE TO DECREASE
ELDERLY'S BLOOD PRESSURE WITH HYPERTENSION
IN UPTD GRIYA WREDA SURABAYA**

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Introduction: Hypertension is a serious health problem in society. That is because the high number of morbidity and mortality due to hypertension annually. Generally treatments of hypertension through two ways consists of pharmacological and non-pharmacological. Anti-stroke exercise was the one of non-pharmacological therapies that recommended with hypertension. The aim of study was to know the influence of anti-stroke exercise to decrease elderly's blood pressure with hypertension. **Method:** The study used pre-experimental in group pre-posttest design and using purposive sampling. Total population were 36 elderly with hypertension and obtained 19 samples who determined by inclusion and exclusion criteria. Independent variable was anti-stroke exercise and dependent variable was systolic blood pressure. The data collected by observation sheet. This study analyzed by paired sample t-test. **Result:** There was influence between anti-stroke exercise towards elderly's blood pressure ($p=0.000$). **Discussion:** Anti-stroke exercise which consists of three stages: warming, core, and cooling had influenced to decrease blood pressure. Nurses may have applied anti-stroke exercise as non-pharmacological therapies to decrease elderly's blood pressure with hypertension and the next researcher needs to add the number of samples and control groups.

Keywords: Blood Pressure, Anti-Stroke exercise, Elderly, Hypertension