

PENGARUH SENAM LANSIA TERHADAP TEKANAN DARAH DI DESA KALI SELATAN DAN DESA KALI

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Abstrak

Latar belakang : Hipertensi adalah penyakit yang tidak menular namun merupakan penyakit berbahaya yang bisa menyebabkan kematian. Hipertensi juga dapat menyebabkan berbagai penyakit seperti serangan jantung, stroke (*WHO 2018*). *World health Organization (WHO)* mengemukakan ada lebih dari 142 juta jiwa atau 8% jumlah prevelensi lansia di dunia. Pada tahun 2050 sudah diperkirakan ada sebanyak 3 kali lipat jumlah lansia dari jumlah lansia tahun ini. Jumlah lansia di tahun 2000 telah melebihi 5.300.000 (7,4%) dari seluruh populasi dan di tahun 2010 ada sebanyak 24.000.000 (9,77%) di tahun 2020 jumlah lansia diperhitungkan sudah lebih dari 28.800.000 juta (11,34%) dari seluruh populasi.

Tujuan : Mengetahui tekanan darah lansia sebelum dan setelah dilakukan senam di Desa Kali Selatan dan Desa Kali.

Metode : Dalam penelitian ini menggunakan metode kuantitatif dengan desain penelitian *pra-experiment dan post-experiment*. Populasi dalam penelitian ini adalah 25 lansia yang didapatkan bersedia mengikuti penelitian di desa kali selatan dan desa kali.

Hasil: Hasil uji statistik menggunakan uji Wilcoxon-Signed menunjukkan adanya hubungan antara aktivitas fisik dengan tekanan darah p-value (0,000) pada lansia.

Kesimpulan: adanya pengaruh yang signifikan antara pengaruh senam terhadap tekanan darah pada lansia

Kata kunci:Lansia, Senam lansia , Tekanan darah

EFFECT OF ELDERLY GYMNASTICS ON BLOOD PRESSURE IN SOUTH KALI VILLAGE AND KALI VILLAGE

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Abstract

Background: Hypertension is a non-communicable disease but is a dangerous disease that can cause death. Hypertension can also cause various diseases such as heart attack, stroke (*WHO 2018*). *The World Health Organization (WHO)* states that there are more than 142 million people or 8% of the prevalence of the elderly in the world. By 2050, it is estimated that there will be as much as 3 times the number of elderly people this year. The number of elderly in 2000 has exceeded 5,300.00 (7.4%) of the entire population and in 2010 there were 24,000,000 (9.77%) in 2020 the number of elderly is calculated to be more than 28,800,000 million (11.34%) of the entire population.

Purpose: Knowing the blood pressure of the elderly before and after gymnastics is carried out in South Kali Village and Kali Village.

Method: In this study using quantitative methods with *pre-experiment and post-experiment* research designs. The population in this study was 25 elderly people who were found willing to take part in the study in the village of Kali Selatan and the village of Kali.

Results: The results of statistical tests using the Wilcoxon-Signed test showed a relationship between physical activity and blood pressure p-value (0.000) in the elderly.

Conclusion: the presence of a significant influence between the influence of gymnastics on blood pressure in the elderly

Keywords: Ederly, Ederly exercise, Blood pressure