

## Pengaruh latihan fisik ergonomis terhadap penurunan tekanan darah pada lansia hipertensi di Panti Werdha Kabupaten Rembang = The influence of ergonomic exercise for lowering elderly hypertensive blood pressure in Panti Werdha of Rembang Regency

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### Abstrak

Penyakit hipertensi termasuk masalah besar dan serius, di samping karena prevalensinya yang tinggi dan cenderung meningkat. Latihan fisik yang dapat menjadi alternatif terapi untuk menurunkan tekanan darah adalah latihan fisik ergonomis. Penelitian ini bertujuan untuk mengetahui pengaruh latihan fisik ergonomis terhadap penurunan tekanan darah lansia hipertensi dengan metode quasi eksperimen dan desain pre dan post test group design with control group melibatkan sampel 108 lansia. Analisis menggunakan uji wilcoxon dan mann withney.

Hasil penelitian didapatkan penurunan tekanan darah setelah dilakukan latihan fisik ergonomis, yaitu rata-rata penurunan sistolik 12,3 mmHg dan rata-rata penurunan diastolik 6,09 mmHg. Perawat komunitas mengaplikasikan latihan fisik ergonomis kepada masyarakat terutama lansia hipertensi untuk menurunkan tekanan darah.

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Hypertension has become a major and serious health problem in society for its high prevalence and is likely to increase in cases. Moreover, an alternate therapy of physical exercise that can be used to lower blood pressure is ergonomic exercise. This study is aimed to determine the effect of ergonomic exercise for lowering ederly hypertensive blood pressure using quasi-experimental method as well as pre and post test group design with control group involving 108 elderlies as its sample. The analysis used wilcoxon and mann withney.

The results of the study shows a decrease in blood pressure after the ergonomic exercise, with an average of 12.3 mmHg systolic decrease and an average of 6.09 mm Hg diastolic decrease. This ergonomic exercise is usually used by community nurses, especially to lower the blood pressure of hypertensive ederly.