

Pengaruh isometric handgrip exercise terhadap perubahan tekanan darah pada pasien hipertensi = The Effect of isometric handgrip exercise on changes in blood pressure in patients with hypertension / Syamsyuriyana Sabar

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Abstrak

ABSTRAK

Isometric Handgrip Exercise merupakan salah satu terapi non farmakologis yang dikembangkan untuk menurunkan tekanan darah pasien hipertensi. Penelitian ini bertujuan untuk mengidentifikasi pengaruh isometric handgrip exercise terhadap perubahan tekanan darah pasien hipertensi. Desain penelitian quasi experiment dengan pendekatan control group pretest posttest design pada 44 responden meliputi kelompok kontrol dan kelompok intervensi. Kelompok intervensi mendapatkan latihan handgrip selama 3 menit, sekali sehari dan dilakukan selama 5 hari. Kedua kelompok dilakukan pengukuran tekanan darah sebelum dan setelah latihan pada hari 1 dan ke 5. Hasil penelitian menunjukkan bahwa ada pengaruh isometric handgrip exercise (IHG) terhadap perubahan tekanan darah pasien hipertensi. kesimpulan penelitian ini adalah isometric handgrip exercise secara bermakna dapat menurunkan tekanan darah sistolik dan tekanan darah diastolik. Hasil penelitian ini diharapkan menjadi dasar isometric handgrip exercise (IHG) sebagai intervensi keperawatan yang mandiri dan inovatif pada asuhan keperawatan klien dengan hipertensi

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ABSTRACT

An Isometric Handgrip Exercise is one of the non-pharmacological therapies that is developed to lower blood pressure in hypertensive patients. The aim of the study was to identify the effect of isometric handgrip exercise on changes in blood pressure in hypertensive patients. A Quasi experimental research design approach pretest posttest control group design was employed with 44 respondents included control and intervention groups. The intervention group got handgrip exercise for 3 minutes, once a day and performed for 5 days. Both groups performed measurements of blood pressure before and after exercise on days 1 and 5. The results showed that there is influence of isometric handgrip exercise on changes in blood pressure in hypertensive patients. Conclusion of this study is the isometric handgrip exercise (IHG) can significantly lower systolic blood pressure and diastolic blood pressure. The result of this study recommended that isometric handgrip exercise (IHG) can be an independent and innovative therapeutic nursing intervention in nursing care of patients with hypertension.