

# Senam dan relaksasi sebagai bentuk intervensi keperawatan komunitas untuk menurunkan tekanan darah pada Aggregate dewasa hipertensi di Kelurahan Sukamaju Baru Kecamatan Tapos Kota Depok = Exercise and relaxation as a form of community nursing intervention to lower blood pressure in adult Aggregate with hypertension in Sukamaju Baru Tapos Depok

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## Abstrak

[Senam dan relaksasi otot progresif (Serelak) merupakan bentuk intervensi keperawatan dalam upaya pengendalian hipertensi pada usia dewasa. Penulisan ini bertujuan memberikan gambaran pelaksanaan terapi Serelak dalam asuhan keperawatan komunitas pada usia dewasa hipertensi di Kelurahan Sukamaju Baru Depok. Pelaksanaan terapi dilaksanakan selama 8 kali pengukuran pada 60 responden penderita hipertensi. Hasil upaya pengendalian hipertensi menunjukkan peningkatan kemampuan kelompok pendukung sebesar 42%; peningkatan perilaku kesehatan kelompok usia dewasa: pengetahuan 14,5 (87,4%), sikap 26,5 (82,67%), keterampilan 24,9 (71,5%), penurunan rata-rata tekanan darah usia dewasa hipertensi setelah melakukan terapi Serelak: tekanan sistol 6,6 mmHg, tekanan diastol 5,05 mmHg dengan p value 0,00.

Peningkatan perilaku kesehatan pada keluarga yaitu pengetahuan sebesar 16,4 (76,4%), sikap 26 (93%), dan ketrampilan sebesar 22 (83%). Penggunaan terapi nonfarmakologi seperti terapi senam dan relaksasi otot progresif dapat dilakukan dalam menurunkan tekanan darah tinggi dalam upaya pengendalian hipertensi secara optimal.; Exercise and progressive muscle relaxation (Serelak) is a form of nursing interventions in an effort to control hypertension in adulthood. The purpose of this paper was to give an overview of the implementation Serelak therapy in nursing care for community in adulthood hypertension in Sukamaju Baru village Depok. The Implementation of the therapy was conducted over eight times of measurement in 60 respondents have hypertension. The results showed, increase in the ability to support group by 42%; improvement of health behavior an among adult age groups: knowledge by 14.5 (87,4%), attitude by 26.5 (82,6%), skill by 24.9 (71,5%), the average reduction in blood pressure after Serelak therapy: systolic pressure of 6.6 mmHg, diastolic pressure of 5,05 mmHg (p value 0.00). Improved health behaviors in the family that is the knowledge by 16.4 (76,4%), attitude by 26 (93%), and skills by 22 (83%). The use of nonpharmacological therapies such as exercises and progressive muscle relaxation can be carried out in lowering high blood pressure among adulthood., Exercise and progressive muscle relaxation (Serelak) is a form of nursing interventions in an effort to control hypertension in adulthood. The purpose of this paper was to give an overview of the implementation Serelak therapy in nursing care for community in adulthood hypertension in Sukamaju Baru village Depok. The Implementation of the therapy was conducted over eight times of measurement in 60 respondents have hypertension. The results showed, increase in the ability to support group by 42%; improvement of health behavior an among adult age groups: knowledge by 14.5 (87,4%), attitude by 26.5 (82,6%), skill by 24.9 (71,5%), the average reduction in blood pressure after Serelak therapy: systolic pressure of 6.6 mmHg, diastolic pressure of 5,05 mmHg (p value 0.00). Improved health behaviors in the family that is the knowledge by 16.4 (76,4%), attitude by 26 (93%), and skills by 22 (83%). The use of nonpharmacological therapies such as exercises and progressive muscle relaxation can be

carried out in lowering high blood pressure among adulthood.]