

**THE APPLICATION OF HYPERTENSION EXERCISE IN  
FULFILLING THE NEED FOR PHYSICAL ACTIVITY  
TO REDUCE BLOOD PRESSURE IN ELDERLY  
HYPERTENSIVES IN THE WORK AREA  
PUSKESMAS GODEAN I**

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**ABSTRACT**

**Background:** Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. The number cases of hypertension in Indonesia is 63,309,620 people, while the highest death rate in Indonesia due to hypertension is 427,218 deaths. Hypertension not only causes a high mortality rate (high case fatality rate) but also effects a decrease in quality of life. Efforts to control hypertension can be carried out pharmacologically and non-harmacologically, one of which is hypertension exercise.

**Objective:** The real experience was obtained related the application of hypertension exercise in fulfilling the need for physical activity to reduce blood pressure in two elderly people with hypertension in the work area Puskesmas Godean I.

**Methods:** The author uses the case study method by conducting interviews, observations, physical examinations and dokumentation using the gerontic nursing care process approach.

**Results:** After assessing and analyzing the data, 3 nursing diagnoses were obtained, namely knowledge deficit, ineffective health management, and risk of ineffective cerebral perfusion. The interventions carried out were education about hypertension exercise, physical exercise education for hypertension exercise, monitoring of vital signs. Implementation is carried out based on interventions during 3x visits and evaluations are carried out at the end of each implementation.

**Conclusion:** After the patient was given the application of hypertension exercise for 3x a week, changes in systolic and diastolic blood pressure were found.

**Keywords:** hypertension exercise, hypertension, elderly.

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# **PENERAPAN SENAM HIPERTENSI DALAM PEMENUHAN KEBUTUHAN AKTIVITAS FISIK UNTUK MENURUNKAN TEKANAN DARAH PADA LANSIA HIPERTENSI DI WILAYAH KERJA PUSKESMAS GODEAN I**

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## **ABSTRAK**

**Latar Belakang:** Hipertensi adalah meningkatnya tekanan darah sistolik lebih dari 140 mmHg dan tekanan darah diastolik lebih dari 90 mmHg. Jumlah kasus hipertensi di Indonesia sebesar 63.309.620 orang, sedangkan angka kematian tertinggi di Indonesia akibat hipertensi sebesar 427.218 kematian. Hipertensi tidak hanya menyebabkan angka kematian yang tinggi (*high case fatality rate*) tetapi juga mempengaruhi penurunan kualitas hidup. Upaya pengendalian hipertensi dapat dilakukan secara farmakologi dan nonfarmakologi, salah satunya dengan senam hipertensi.

**Tujuan:** Diperoleh pengalaman nyata mengenai penerapan senam hipertensi dalam pemenuhan kebutuhan aktivitas fisik untuk menurunkan tekanan darah pada dua lansia dengan hipertensi di wilayah kerja Puskesmas Godean I.

**Metode:** Penulis menggunakan metode studi kasus dengan melakukan wawancara, observasi, pemeriksaan fisik dan pendokumentasian menggunakan pendekatan proses asuhan keperawatan gerontik.

**Hasil:** Setelah dilakukan pengkajian dan analisa data didapatkan 3 diagnosa keperawatan yaitu desisit pengetahuan, manajemen kesehatan tidak efektif, risiko perfusi serebral tidak efektif. Intervensi yang dilakukan yaitu edukasi tentang senam hipertensi, edukasi latihan fisik senam hipertensi, pemantauan tanda-tanda vital. Implementasi dilakukan berdasarkan intervensi selama 3x kunjungan dan evaluasi dilaksanakan setiap akhir melakukan implementasi.

**Kesimpulan:** Setelah pasien diberikan penerapan senam hipertensi selama 3x dalam seminggu didapatkan perubahan tekanan darah sistolik maupun diastolik.

**Kata Kunci:** Senam Hipertensi, Hipertensi, Lansia.

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