

# GAMBARAN PENERAPAN SENAM HIPERTENSI PADA PENYANDANG HIPERTENSI DI DESA TRIWIDADI, PAJANGAN, BANTUL

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## ABSTRAK

**Latar Belakang** : Hipertensi atau tekanan darah tinggi merupakan masalah yang perlu diwaspadai dan biasa disebut sebagai *silent killer* karena tidak ada gejala khusus yang muncul. Salah satu upaya untuk mengontrol tekanan darah yaitu dengan teknik non farmakologis penerapan senam hipertensi.

**Tujuan** : Mengetahui gambaran penerapan senam hipertensi pada penyandang hipertensi di desa Triwidadi, Pajangan, Bantul.

**Metode** : Penelitian ini menggunakan metode deskriptif kuantitatif dengan desain penelitian survei. Penelitian ini mendeskripsikan tentang gambaran penerapan senam hipertensi pada penyandang hipertensi di Desa Triwidadi, Pajangan, Bantul menggunakan kuesioner. Cara pengambilan sampel pada penelitian ini menggunakan teknik *total sampling* yaitu teknik pengambilan sampel dimana seluruh anggota populasi dijadikan sampel sehingga jumlah responden 73.

**Hasil** : Penelitian ini menunjukkan bahwa secara keseluruhan, penerapan senam hipertensi pada penyandang hipertensi di Desa Triwidadi, Pajangan, Bantul responden yang melakukan sebesar 12,3%. Penerapan senam hipertensi pada penyandang hipertensi di Desa Triwidadi, Pajangan, Bantul berdasarkan waktu pelaksanaan yaitu responden yang melakukan sebesar 35,6%. Penerapan senam hipertensi pada penyandang hipertensi dengan gerakan pemanasan di Desa Triwidadi, Pajangan, Bantul sebesar 16,5%. Penerapan senam hipertensi pada penyandang hipertensi dengan gerakan inti di Desa Triwidadi, Pajangan, Bantul sebesar 8,2%. Serta penerapan senam hipertensi pada penyandang hipertensi dengan gerakan pendinginan di Desa Triwidadi, Pajangan, Bantul sebesar 17,8%.

**Kesimpulan** : Gambaran penerapan senam hipertensi pada penyandang hipertensi di Desa Triwidadi, Pajangan, Bantul berada pada kategori tidak melakukan.

**Kata kunci** : Hipertensi, Senam Hipertensi

## **OVERVIEW OF THE APPLICATION OF HYPERTENSION EXERCISE IN PEOPLE WITH HYPERTENSION IN TRIWIDADI VILLAGE, PAJANGAN, BANTUL**

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### ***ABSTRACT***

**Background :** Hypertension or high blood pressure is a problem that needs to be watched out for and is commonly referred to as the silent killer because there are no special symptoms that appear. One of the efforts to control blood pressure is by using non-pharmacological techniques applying hypertension exercise.

**Objective :** Knowing the description of the application of hypertension exercise to people with hypertension in Triwidadi Village, Pajangan, Bantul.

**Methods :** This study uses a quantitative descriptive method with a survey research design. This study describes the description of the application of hypertension exercise for people hypertension in the village of Triwidadi, Pajangan, Bantul a questionnaire. The sampling method in this study used total sampling, namely a sampling technique where all members of the population were sampled so that the number of respondents was 73.

**Result :** The result of this study indicate that overall, the application of hypertension exercise for people hypertension in the village of Triwidadi, Pajangan, Bantul, respondents who did it amounted to 12,3%. The application of hypertension exercise for people with hypertension in the village of Triwidadi, Pajangan, Bantul based on the implementation time, namely the respondents who did it by 35,6%. The application of hypertension exercise in people with hypertension with warm-up movements in the village of Triwidadi, Pajangan, Bantul by 16,5%. The application of hypertension exercise in people with hypertension with core movements in the village of Triwidadi, Pajangan, Bantul by 8,2%. As well as the application of hypertension exercise in people with hypertension with colling movements in the village of Triwidadi, Pajangan, Bantul by 17,8%.

**Conclusion :** The description of the application of hypertension exercise in people with hypertension in the village of Triwidadi, Pajangan, Bantul is in the category of not doing.

**Keywords :** hypertension, hypertension exercise