

PENGARUH *BRISK WALKING EXERCISE* TERHADAP PENINGKATAN
KARDIORESPIRASI (VO₂MAX) PADA CALON JAMA'AH HAJI
DI KECAMATAN SALAMAN

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ABSTRAK

Latar Belakang: Menunaikan ibadah haji merupakan rukun Islam ke lima, dan wajib hukumnya bagi yang mampu atau *istithaah*. Mampu atau *istithaah* adalah kemampuan calon jama'ah haji dari aspek kesehatan. Dilaporkan sebanyak 13 jama'ah haji meninggal dunia saat melaksanakan ibadah haji pada tahun 2018. Kepala Kemenag mengemukakan, seluruh jama'ah yang meninggal dunia diakibatkan oleh gangguan kesehatan yaitu gangguan kardiovaskuler. Pemeliharaan Kardiorespirasi dimaksudkan sebagai sarana untuk mencapai dan menjamin kondisi yang optimal menjelang keberangkatan hingga jama'ah haji kembali ke tanah air. *Brisk walking exercise* dikenal cukup efektif dalam menurunkan angka mortalitas dan morbiditas pada masalah kardiovaskuler. Salah satu aktivitas fisik yang dapat meningkatkan kardiorespirasi adalah *Brisk Walking Exercise*.

Tujuan: Tujuan penelitian ini untuk mengetahui pengaruh dari *Brisk Walking Exercise* terhadap peningkatan kardiorespirasi (VO₂Max) pada calon jama'ah haji di Kecamatan Salaman.

Metode: Jenis penelitian ini merupakan *Quasi Experimental Prepost Test With control Group Design*. Responden dilakukan pengukuran nilai VO₂Max, sebelum dan setelah perlakuan dengan *rockport test*. Populasi yang digunakan adalah calon jama'ah haji di Puskesmas Salaman 2. Teknik pengambilan sampel dengan *total sampling*. Analisis data menggunakan analisis univariat dan bivariat berupa uji *wilcoxon* dan *uji mann whitney*.

Hasil: Hasil uji *Wilcoxon* pada kelompok intervensi diperoleh p value = 0,004 dan pada kelompok kontrol didapatkan p value 0,822. Hasil uji *Mann Whitney* pada kelompok intervensi dan kelompok kontrol didapatkan p value = 0,013 (p<0,05).

Kesimpulan: Pemberian intervensi *Brisk Walking Exercise* (BWE) berpengaruh terhadap peningkatan kardiorespirasi (VO₂Max) calon jama'ah haji.

Kata kunci: Kardiorespirasi, VO₂Max, *Brisk Walking Exercise*, Jama'ah haji

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THE EFFECT OF BRISK WALKING EXERCISE FOR INCREASING
CARDIORESPIRATORY (VO₂MAX) FOR PARTICIPANTS OF THE HAJJ
CONGREGATION IN SALAMAN DISTRICT

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ABSTRACT

Background: Performing the pilgrimage is the fifth pillar of Islam, and it is obligatory for those who can afford it or *istitha'ah*. Able or *istitha'ah* is the ability of prospective pilgrims from the health aspect. It was reported that as many as 13 pilgrims died while carrying out the pilgrimage in 2018. The head of the Ministry of Religion stated that all pilgrims who died were caused by health problems, namely cardiovascular disorders. Cardiorespiratory maintenance is intended as a means to achieve and ensure optimal conditions prior to departure until the pilgrims return to their homeland. Brisk walking exercise is known to be quite effective in reducing mortality and morbidity in cardiovascular problems. One of the physical activities that can increase cardiorespiratory activity is Brisk Walking Exercise.

Objectives: To determine the effect of Brisk Walking Exercise for increasing cardiorespiratory (VO₂max) for participants of the hajj congregation in Salaman district

Methods: This type of research is a Quasi Experimental Pre-post Test with Control Group Design. Respondents were measured VO₂Max values, before and after treatment with the rockport test. The population used is prospective pilgrims at the Puskesmas Salaman 2. The sampling technique is total sampling. Data analysis used univariate and bivariate analysis in the form of Wilcoxon test and Mann Whitney test

Results: Wilcoxon test results in the intervention group obtained p value = 0.004 and in the Control group obtained p value 0.822. The results of the Mann Whitney test in the intervention group and control group obtained p value = 0.013 (p <0.05)

Conclusion: Brisk Walking Exercise has the effect on increasing cardiorespiratory (VO₂Max) the pilgrims.

Keywords: Cardiorespiratory, VO₂Max, Brisk Walking Exercise, the pilgrims.

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