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ABSTRAK

PERBEDAAN KUALITAS ISTIRAHAT TIDUR PENDERITA HIPERTENSI SEBELUM DAN SESUDAH MELAKUKAN SENAM HIPERTENSI DI PUSKESMAS UNGARAN

Latar Belakang: Pasien hipertensi mengalami tanda dan gejala yaitu perubahan pada retina, sakit kepala, pusing, dan sulit bernafas yang menimbulkan terjadinya masalah gangguan tidur yang dapat menyebabkan hipertensi. Salah satu penatalaksanaan nonfarmakologis untuk meningkatkan kualitas tidur yaitu senam hipertensi, senam hipertensi bertujuan meningkatkan aliran darah dan pasokan oksigen kedalam otot, khususnya jantung. Penelitian ini bertujuan untuk mengetahui pengaruh senam hipertensi terhadap kualitas tidur pasien dengan hipertensi di Puskesmas Ungaran.

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain yaitu pre eksperimental, dengan desain penelitian *one group pretest-posttest*. Uji analisa yang digunakan yaitu *Paired Test* dengan sampel 44 responden yang dilakukan intervensi senam hipertensi selama 30 menit yang di lakukan satu minggu sekali selama tiga minggu.

Hasil Penelitian: Instrumen pada penelitian ini menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Dari hasil uji *Paired Test* terdapat pengaruh terhadap kualitas tidur sebelum dan sesudah di berikan senam hipertensi yang dapatkan nilai P Value = 0,000 (P Value < 0,05).

Simpulan: Ada perbedaan kualitas istirahat tidur penderita hipertensi sebelum dan sesudah melakukan senam hipertensi di Puskesmas Ungaran

Kata kunci: Hipertensi, Senam Hipertensi, Kualitas Tidur

Daftar Pustaka: 46 (2010-2020)

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ABSTRACT

DIFFERENCES IN QUALITY OF SLEEP BREAK IN HYPERTENSION SATISFIED BEFORE AND AFTER DOING HYPERTENSION EXERCISE IN UNGARAN HEALTH CENTER

Background: Hypertensive patients experience signs and symptoms, namely changes in the retina, headaches, dizziness, and difficulty breathing which lead to sleep disturbances that can cause hypertension. One of the non-pharmacological treatments to improve sleep quality is hypertension exercise. Hypertension exercise aims to increase blood flow and oxygen supply to the muscles, especially the heart. This study aims to determine the effect of hypertension exercise on sleep quality of patients with hypertension at the Ungaran Health Center.

Research Method: This research is a quantitative study using a pre-experimental design, with a one-group pretest-posttest research design. The analytical test used was the Paired Test with a sample of 44 respondents who were intervened in hypertension exercise for 30 minutes which was carried out once a week for three weeks.

Research Results: The instrument in this study used the Pittsburgh Sleep Quality Index (PSQI) questionnaire. From the results of the Paired Test, there was an effect on the quality of sleep before and after being given hypertension exercise, which got a P Value = 0.000 (P Value <0.05).

Conclusion: There is an effect of hypertension exercise on sleep quality of patients with hypertension at the Ungaran Health Center

Keywords: Hypertension, Hypertension Exercise, Sleep Quality

Bibliography: 46 (2010-2020)