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Skripsi, Januari 2024
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HUBUNGAN AKTIVITAS FISIK DENGAN TEKANAN DARAH PADA LANSIA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS KALONGAN KABUPATEN SEMARANG

ABSTRAK

Latar Belakang : Bertambahnya usia seseorang akan mengalami berbagai perubahan. Perubahan ini ditandai dengan menurunnya daya tahan tubuh sehingga memiliki risiko tinggi untuk terserang berbagai macam penyakit salah satunya adalah hipertensi. Jika hipertensi dibiarkan dalam jangka waktu panjang dapat menyebabkan kerusakan pada bagian organ tubuh seperti ginjal (gagal ginjal), jantung (penyakit jantung koroner), dan otak (stroke) jika sejak awal tidak diketahui. Untuk mencegah hal tersebut dapat dengan melakukan aktivitas fisik, olahraga maupun kegiatan sehari-hari. Apabila rutin melakukan aktivitas fisik dengan baik dapat mencegah meningkatnya tekanan darah serta melatih otot jantung. Tujuan penelitian: Mengetahui hubungan antara aktivitas fisik dengan tekanan darah pada lansia penderita hipertensi di Wilayah Kerja Puskesmas Kalongan Kabupaten Semarang.
Metode : Penelitian ini menggunakan metode kuantitatif dengan menggunakan desain penelitian deskriptif korelasional. Populasi penelitian ini adalah lansia penderita hipertensi berdasarkan data laporan program pelayanan kesehatan lanjut usia pada bulan Oktober 2023 di puskesmas Kalongan yang berjumlah 139 orang. Teknik pengambilan sampel menggunakan metode *Cluster Random Sampling*. Alat ukur yang digunakan adalah kuesioner *Physical Activities Scale for the Elderly* (PASE).
Hasil : Hasil penelitian menunjukkan sebagian besar lansia melakukan aktivitas fisik ringan yaitu sebanyak 38 lansia (58.5%), dan tekanan darah lansia sebagian besar dikategorikan hipertensi tingkat 2 yaitu sebanyak 37 lansia (56.9%). Hasil penelitian berdasarkan uji Rank Spearman diperoleh hasil *p-value* 0.000 < α (0.1). Artinya bahwa ada hubungan aktivitas fisik dengan tekanan darah pada lansia penderita hipertensi di wilayah kerja puskesmas Kalongan.
Saran : Diharapkan penelitian ini dapat menjadi sumber referensi yang berhubungan dengan peningkatan tekanan darah khususnya pada lansia penderita hipertensi.

Kata Kunci : Aktivitas Fisik, Tekanan Darah, Hipertensi, Lansia

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THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND BLOOD PRESSURE IN ELDERLY HYPERTENSION PATIENTS IN THE KALONGAN HEALTH CENTER WORKING AREA, SEMARANG REGENCY

ABSTRACT

Background: *With increasing age a person will experience various changes. These changes are characterized by a decrease in the body's resistance so that it has a high risk of being attacked by various diseases, one of which is hypertension. If hypertension is left for a long period of time, it can cause damage to parts of the body's organs such as the kidneys (kidney failure), heart (coronary heart disease), and brain (stroke) if it is not known from the start. To prevent this can be by doing physical activity, sports and daily activities. If you do physical activity regularly, it can prevent the increase of blood pressure and train the heart muscle. Objective: Knowing the relationship between physical activity and blood pressure in elderly people with hypertension in the Kalongan Health Center Working Area, Semarang Regency.*
Methods: *This study used quantitative methods using descriptive correlational research design. The population of this study were elderly people with hypertension based on data from the elderly health service program report in October 2023 at the Kalongan health center, totaling 139 people. The sampling technique used the Cluster Random Sampling method. The measuring instrument used was the Physical Activities Scale for the Elderly (PASE) questionnaire.*
Results: *The results showed that most of the elderly did light physical activity, namely 38 elderly (58.5%), and most of the elderly blood pressure was categorized as grade 2 hypertension, namely 37 elderly (56.9%). The results of the study based on the Spearman Rank test obtained a p-value of 0.000 < a (0.1). This means that there is a relationship between physical activity and blood pressure in elderly people with hypertension in the Kalongan health center work area.*
Suggestion: *It is hoped that this research can be a source of reference related to increasing blood pressure, especially in elderly people with hypertension.*

Keywords: *Physical Activity, Blood Pressure, Hypertension, Elderly*