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Manajemen Defisit Pengetahuan dengan Edukasi Senam Hipertensi Pada Lansia di Desa Petarangan

xiv + 171 halaman + 1 Bagan + 11 lampiran

ABSTRAK

Lansia merupakan kelompok usia yang rentan terhadap berbagai masalah kesehatan, salah satunya adalah hipertensi. Di Indonesia, prevalensi hipertensi pada lansia cukup tinggi, namun tingkat pengetahuan mereka dalam mengelola hipertensi masih rendah. Defisit pengetahuan ini berdampak pada ketidakpatuhan terhadap pengobatan, peningkatan risiko komplikasi, dan menurunnya kualitas hidup.

Karya tulis ini bertujuan untuk menggambarkan manajemen defisit pengetahuan melalui edukasi senam hipertensi pada lansia penderita hipertensi di Desa Petarangan.

Metode yang digunakan metode deskriptif dengan pendekatan studi kasus. Intervensi dilakukan dengan memberikan edukasi berupa ceramah, diskusi, dan demonstrasi senam hipertensi kepada lansia.

Setelah dilakukan intervensi selama 3 hari, terjadi peningkatan pengetahuan lansia mengenai hipertensi, pengelolaan non-farmakologis, dan kemampuan melakukan senam hipertensi secara mandiri. Lansia menunjukkan minat dan keterlibatan aktif dalam praktik senam, serta memahami pentingnya manajemen tekanan darah secara menyeluruh.

Edukasi senam hipertensi merupakan intervensi efektif dalam mengatasi defisit pengetahuan lansia penderita hipertensi.

Diperlukan pelatihan berkelanjutan dan dukungan dari keluarga serta petugas kesehatan agar lansia dapat menerapkan senam hipertensi secara rutin sebagai bagian dari manajemen hipertensi.

Kata kunci: Defisit Pengetahuan, Hipertensi, Lansia, Edukasi, Senam Hipertensi

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**Management of Knowledge Deficit with Hypertension Gymnastics Education
for the Elderly in Petarangan Village**

xiv+ 171 pages + 1 chart + 11 appendices

ABSTRACT

Elderly individuals are vulnerable to various health issues, including hypertension. In Indonesia, the prevalence of hypertension among the elderly is high, yet their knowledge about its management remains low. This knowledge deficit contributes to non-compliance with treatment, increased risk of complications, and a decline in quality of life.

This study aims to describe the management of knowledge deficit through hypertension exercise education among elderly patients in Petarangan Village.

This study used a descriptive method with a case study approach. The intervention was carried out by providing education through lectures, group discussions, and hypertension exercise demonstrations to elderly participants.

After three days of intervention, there was an increase in the elderly's knowledge regarding hypertension, non-pharmacological management, and independent practice of hypertension exercises. The elderly showed interest and active participation in the exercise and understood the importance of holistic blood pressure control.

Hypertension exercise education is an effective intervention to overcome knowledge deficits in elderly patients with hypertension.

Ongoing training and support from families and healthcare workers are necessary to encourage the elderly to regularly perform hypertension exercises as part of hypertension management.

Keywords: Knowledge Deficit, Hypertension, Elderly, Education, Hypertension Exercise