

## ABSTRAK

### **PENGARUH SENAM PROLANIS TERHADAP PENURUNAN TEKANAN DARAH PADA LANSIA PENDERITA HIPERTENSI DI DESA GAPURANA KECAMATAN TALANGO KABUPATEN SUMENEP**

Tekanan darah tinggi merupakan suatu penyakit tidak menular yang berupa gangguan pada system sirkulasi seorang dikatakan hipertensi apabila keadaan tekanan darah mengalami peningkatan diatas normal yaitu lebih dari 140 mmHg untuk tekanan sistolik dan lebih dari 90 mmHg untuk tekanan diastolic secara terus menerus. Tahap hipertensi di kategorikan menjadi dua yaitu hipertensi derajat satu pada rentang tekanan sistolik 140-159 mmHg dan diastolic 90-99 mmHg. Sedangkan hipertensi derajat dua yaitu tekanan sistolik lebih dari 160 mmHg dan diastolic lebih dari 100 mmHg

Jenis Penelitian ini menggunakan penelitian kuantitatif dengan desain pra experiment one group pretest-posttest. Penelitian ini menggunakan sebab akibat dengan cara melibatkan satu kelompok subjek. Kelompok subjek diobservasi sebelum di lakukan intervensi atau perlakuan, kemudian diobservasi lagi setelah intervensi dengan jumlah 31 lansia dengan teknik pengambilan sampel menggunakan purposive sampling variabel independent pada penelitian ini adalah Senam prolanis sedangkan variabel dependent Penderita hipertensi

Hasil penelitian pengaruh senam prolanis terhadap penurunan tekanan darah pada lansia penderita hipertensi setelah melakukan senam prolanis di dapatkan hasil jumlah penderita hipertensi kategori normal sebanyak 9 lansia (29,0) kategori hipertensi ringan sebanyak 10 lansia (32,2) kategori hipertensi sedang sebanyak 11(35,4) dan kategori hipertensi berat sebanyak 1 lansia (3,2) hasil uji Wilcoxon signed rank test di peroleh  $p=0,000$  dengan tingkat kesalahan  $p<0,05$  yang artinya  $H_0$  ditolak dan  $H_1$  diterima artinya ada pengaruh senam prolanis terhadap penurunan tekanan darah pada lansia penderita hipertensi.

***Kata kunci : senam prolanis, penurunan tekanan darah pada lansia***

***ABSTRACT THE EFFECT OF GYM PROLANIS ON BLOOD PRESSURE  
INCREASING IN HYPERTENSION PATIENTS IN GAPURANA VILLAGE  
TALANGO DISTRICT SUMENEP DISTRICT***

By Riffiatul Ummah

*High blood pressure is a non-communicable disease in the form of a circulatory system disorder, one is said to have hypertension if the blood pressure is above normal ie more than 140 mmHg for systolic pressure and more than 90 mmHg for diastolic pressure continuously. The stage of hypertension is categorized into two, namely first-degree hypertension in the range of systolic pressure 140-159 mmHg and diastolic 90-99 mmHg. Whereas second degree hypertension is systolic pressure more than 160 mmHg and diastolic more than 100 mmHg. This type of research uses quantitative research with the design of the pre-experiment one group pretest-posttest. This study uses cause and effect by involving one group of subjects. The subject group was observed before intervention or treatment, then observed again after the intervention with a number of 31 elderly with purposive sampling technique using the independent variable in this study was prolanis gymnastics while the dependent variable was hypertensive patients. The results of the study of prolanis exercise on blood pressure reduction in the elderly Hypertension sufferers after getting prolanic exercise in getting the results of the number of hypertensive sufferers in normal category as many as 9 elderly (29.0) category of mild hypertension as many as 10 elderly (32.2) category of moderate hypertension as much as 11 (35.4) and category of severe hypertension as much as 1 elderly (3.2) Wilcoxon signed rank test results were obtained 0,000 with an error rate of 0.05, which means that  $H_0$  was rejected and  $H_1$  was accepted, meaning there was an effect of prolanis gymnastics on decreasing blood pressure in elderly people with hypertension.*

***Keywords: prolanis exercise, decrease in blood pressure in the elderly ix***

