

ABSTRAK

PENERAPAN SENAM HIPERTENSI TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI DI DESA PABIAN KECAMATAN KOTA SUMENEP

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Pendahuluan: Hipertensi menduduki peringkat ketiga sebagai penyakit tidak menular (PTM) dan paling banyak menyebabkan kematian. Prevalensi hipertensi di Indonesia diperkirakan sebesar 15 juta, Berdasarkan data Kementerian Kesehatan RI Provinsi Jawa Timur menduduki peringkat keenam yang memiliki prevalensi hipertensi tertinggi pada tahun 2013. Berdasarkan hasil riset Dinas Kesehatan Kabupaten Sumenep Penderita hipertensi pada tahun 2019 mencapai 46,303 kasus. **Tujuan:** Menganalisis pengaruh senam hipertensi terhadap perubahan tekanan darah pada penderita hipertensi di desa pabian kec. Kota sumenep. **Metode Penelitian:** Penelitian studi kasus dibatasi oleh waktu dan tempat, serta kasus yang dipelajari berupa peristiwa, aktivitas atau individu. **Hasil dan Pembahasan:** Setelah diberikan intervensi keperawatan manajemen nyeri selama 3x24 jam maka tingkat nyeri menurun dengan kriteria hasil: Keluhan nyeri menurun, Meringis menurun, dan gelisah menurun. **Kesimpulan:** Ada Pengaruh Senam Hipertensi terhadap perubahan tekanan darah pada penderita Hipertensi Di Desa Pabian Kecamatan Kota Sumenep

Kata Kunci: Senam Hipertensi, tekanan darah, hipertensi

ABSTRACT
OF THE APPLICATION OF HYPERTENSIVE GYMNASTICS TO REDUCE
BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN PABIAN
VILLAGE, SUMENEP CITY DISTRICT

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Introduction: Hypertension is ranked third as a non-communicable disease (NCD) and causes the most deaths. The prevalence of hypertension in Indonesia is estimated at 15 million, based on data from the Indonesian Ministry of Health, East Java Province was ranked sixth which had the highest prevalence of hypertension in 2013. Based on the results of research by the Sumenep Regency Health Office, people with hypertension in 2019 reached 46,303 cases. **Objective:** Analyze the effect of hypertensive gymnastics on changes in blood pressure in hypertensive patients in Pabian Village, Kec. Sumenep City. **Research Methods:** Case study research is limited by time and place, and the cases studied are events, activities or individuals. **Results and Discussion:** After being given a pain management nursing intervention for 3x24 hours, the level of pain decreased with the outcome criteria: Pain complaints decreased, Grimacing decreased, and restlessness decreased. **Conclusion:** There is an Effect of Hypertensive Gymnastics on Blood Pressure Changes in Hypertensive Patients in Pabian Village, Sumenep City District

Keywords: Hypertensive Gymnastics, blood pressure, hypertension