

Politeknik kesehatan Kemenkes Bandung
Jurusan keperawatan Bandung
Program studi keperawatan Bandung
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LITERATUR REVIEW
**PENGARUH SENAM HIPERTENSI TERHADAP TEKANAN DARAH
PADA PENDERITA HIPERTENSI**

ABSTRAK

xi, 59 hal., 5 Bab, 3 Diagram, 2 tabel, 8 lampiran

Hipertensi merupakan salah satu masalah kesehatan saat ini. WHO (2016) menyatakan di seluruh dunia sekitar 972 juta orang atau 26,4% orang mengidap hipertensi, kemungkinan akan meningkat menjadi 29,2% di tahun 2025, dari 972 juta pengidap hipertensi 333 juta berada di negara maju dan 639 sisanya berada di negara berkembang, termasuk Indonesia. Salah satu intervensi pengendalian hipertensi adalah dengan melakukan senam hipertensi. Tujuan penelitian ini yaitu untuk mengetahui pengaruh senam hipertensi terhadap tekanan darah penderita hipertensi. Hipertensi atau tekanan darah tinggi adalah suatu peningkatan tekanan darah melebihi dari nilai normal yaitu sistolik ≥ 140 mmHg dan diastolik ≥ 90 mmHg. Penatalaksanaan hipertensi dilakukan baik secara farmakologis maupun non farmakologis salah satunya dengan senam hipertensi. Desain yang digunakan adalah *Systematic Literatur Review*, artikel yang direview berfokus artikel yang dimuat pada jurnal-jurnal keperawatan dan kesehatan yang di publikasi antara tahun 2016 - 2021. Berdasarkan hasil literature review dari 7 jurnal didapatkan Mayoritas penderita hipertensi berjenis kelamin perempuan dengan kategori dewasa hingga lansia (35-75 tahun) dan pekerjaannya yaitu ibu rumah tangga. Senam hipertensi dilakukan 1-4 kali dalam seminggu dengan durasi 15-30 menit. Rata-rata tekanan darah penderita hipertensi yang mengikuti senam hipertensi memiliki tekanan darah di derajat 1 yaitu siastolik 140-159 mmHg dan diastolik 90-99 mmHg. Setelah mengikuti senam hipertensi terjadi penurunan tekanan darah menjadi di perbatasan (*high normal*) yaitu siastolik 130-139 mmHg dan diastolik 85-89 mmHg. Disimpulkan bahwa ada pengaruh senam hipertensi terhadap tekanan darah pada penderita hipertensi setelah mengikuti senam hipertensi. Disarankan kepada perawat untuk melakukan pendidikan kesehatan kepada penderita hipertensi tentang pengaruh senam hipertensi terhadap tekanan darah pada penderita hipertensi.

Kata Kunci : Senam, Olahraga, Hipertensi

Daftar Pustaka : 27 (2001 – 2020)

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LITERATURE REVIEW
THE EFFECT OF HYPERTENSION EXERCISE ON BLOOD PRESSURE
IN HYPERTENSION PATIENTS

ABSTRACT

xi, 59 p., 5 Chapters, 3 Diagrams, 2 table, 8 appendices

Hypertension is one of the current health problems. WHO (2016) states that worldwide around 972 million people or 26.4% of people have hypertension, it is likely to increase to 29.2% in 2025, from 972 million people with hypertension, 333 million are in developed countries and the remaining 639 are in developing countries. developing, including Indonesia. One intervention to control hypertension is to do hypertension exercise. The purpose of this study was to determine the effect of hypertension exercise on blood pressure of hypertensive patients. Hypertension or high blood pressure is an increase in blood pressure that exceeds the normal value, namely systolic ≥ 140 mmHg and diastolic > 90 mmHg. Hypertension management is carried out both pharmacologically and non-pharmacologically, one of which is hypertension exercise. The design used is a Systematic Literature Review, the article being reviewed focuses on articles published in nursing and health journals published between 2016-2021. Based on the results of a literature review from 7 journals, it was found that the majority of hypertensive patients were female with the category of adults to the elderly (35-75 years) and their occupations were housewives. Hypertension exercise is performed 1-4 times a week with a duration of 15-30 minutes. The average blood pressure of hypertensive patients who participate in hypertension exercise has blood pressure in grade 1, namely systolic 140-159 mmHg and diastolic 90-99 mmHg. After participating in hypertension exercise, there was a decrease in blood pressure to be at the border (high normal), namely systolic 130-139 mmHg and diastolic 85-89 mmHg. It was concluded that there was an effect of hypertension exercise on blood pressure in hypertensive patients after participating in hypertension exercise. It is recommended for nurses to conduct health education to patients with hypertension about the effect of hypertension exercise on blood pressure in patients with hypertension.

Keywords : Gymnastics, Exercise, Hypertension

Bibliography : 27 (2001-2020)