

**HUBUNGAN KEPATUHAN DIET RENDAH GARAM DAN SENAM  
LING TIEN KUNG TERHADAP TEKANAN DARAH PADA LANSIA PENDERITA  
HIPERTENSI DI KABUPATEN CILACAP**

*The Relationship Between Adherence to a Low Salt Diet and Ling Tien Kung Exercise on  
Blood Pressure in Elderly People with Hypertension in Cilacap Regency*

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**ABSTRAK**

Hipertensi merupakan penyakit yang tidak menular dan bisa terjadi pada lansia. Hipertensi adalah tingginya tekanan darah yang berada pada batas normal. Berdasarkan data dari Kemenkes pada tahun 2020 populasi lanjut usia di Indonesia mencapai 28,8 juta (11,34%). Tujuan dari penelitian ini adalah untuk mengetahui hubungan kepatuhan diet rendah garam dan senam Ling Tien Kung terhadap tekanan darah pada lansia penderita hipertensi di Kabupaten Cilacap. Desain penelitian ini adalah penelitian kuantitatif dengan pendekatan *cross sectional*. Jumlah sampel dalam yaitu 57 responden dan menggunakan metode *purposive sampling*. Data yang diperoleh dilakukan uji *rank spearman*. Hasil analisa penelitian menunjukkan bahwa sebagian besar lansia dengan kepatuhan diet rendah garam sebanyak 46 orang (80,7%), lansia yang patuh mengikuti senam *Ling Tien Kung* sebanyak 41 orang (71,9%), dan lansia yang mengalami hipertensi derajat I sebanyak 38 orang (66,7%). Berdasarkan hasil uji *rank spearman* menunjukkan bahwa ada hubungan antara kepatuhan diet rendah garam terhadap tekanan darah pada lansia penderita hipertensi di Kabupaten Cilacap  $p\ value\ (0,017) < \alpha\ (0,05)$ . Terdapat hubungan senam *Ling Tien Kung* terhadap tekanan darah pada lansia penderita hipertensi di Kabupaten Cilacap  $p\ value\ (0,000) < \alpha\ (0,05)$ . Kesimpulan lansia diharapkan patuh dalam menjalankan diet rendah garam dan patuh dalam mengikuti senam *Ling Tien Kung* supaya tekanan darah terkontrol dan mencegah terjadinya komplikasi lainnya.

**Kata Kunci:** Kepatuhan Diet Rendah Garam, Senam *Ling Tien Kung*, Hipertensi

**ABSTRACT**

*Hypertension is a non-communicable disease and can occur in the elderly. Hypertension is high blood pressure that is within normal limits. Based on data from the Ministry of Health, in 2020 the elderly population in Indonesia reached 28.8 million (11.34%). The aim of this study was to determine the relationship between adherence to a low-salt diet and Ling Tien Kung exercise on blood pressure in elderly people with hypertension in Cilacap Regency. The design of this research is quantitative research with a cross sectional approach. The total sample size was 57 respondents and used a purposive sampling method. The data obtained was carried out by the spearman rank test. The results of the research analysis showed that the majority of elderly people adhered to a low salt diet, 46 people (80.7%), 41 elderly people who adhered to Ling Tien Kung exercise (71.9%), and 38 elderly people who had grade I hypertension. people (66.7%). Based on the results of the spearman's rank test, it shows that there is a relationship between adherence to a low salt diet and blood pressure in elderly people with hypertension in Cilacap Regency,  $p\ value\ (0.017) < \alpha\ (0.05)$ . There is a relationship between Ling Tien Kung exercise and blood pressure in elderly people with hypertension in Cilacap Regency,  $p\ value\ (0.000) < \alpha\ (0.05)$ . In conclusion, elderly people are expected to adhere to a low-salt diet and adhere to Ling Tien Kung exercises so that blood pressure is controlled and other complications are prevented.*

**Keyword:** Compliance with a Low Salt Diet, Ling Tien Kung Exercise, Hypertension