

ABSTRAK

Penerapan Senam Anti Hipertensi Untuk Menurunkan Tekanan Darah Tinggi Pada Pasien Hipertensi Di Desa Karanggintung Kecamatan Gandrungmangu Kabupaten Cilacap 2024

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Latar Belakang Hipertensi atau tekanan darah tinggi merupakan peningkatan tekanan darah sistolik lebih dari 140 mmHg dan tekanan darah diastolik lebih dari 90 mmHg. Hipertensi menjadi masalah kesehatan di seluruh belahan dunia dan sebagai salah satu faktor risiko utama penyakit kardiovaskular. **Tujuan** Penelitian ini bertujuan untuk menggambarkan penerapan senam anti hipertensi untuk menurunkan tekanan darah tinggi pada pasien hipertensi di Desa Karanggintung Kecamatan Gandrungmangu Kabupaten Cilacap 2024. **Metodologi** Penelitian ini mengumpulkan data dengan cara wawancara, observasi, pemeriksaan fisik, implementasi, dan dokumentasi. **Hasil** Data tujuan tekanan darah terakhir setelah dilakukan implementasi rendam kaki air hangat sereh dan garam di hari ketiga yaitu 146/88mmHg dan sebelum dilakukan implementasi di hari pertama adalah 150/90mmHg. **Kesimpulan dan Saran** Implementasi senam anti hipertensi berpengaruh dalam perubahan tekanan darah pasien. Saran yang diberikan yaitu agar perawat dapat mengajarkan intervensi yang mudah dilaksanakan secara mandiri oleh masyarakat disamping konsumsi obat dari pelayanan kesehatan.

Kata Kunci : Hipertensi, Penerapan Senam Anti Hipertensi

ABSTRAC

Application Of Hypertension Exercises To Reduction High Blood Pressure In Hypertension Patients In Karanggintung Village, Gandrungmangu District, Cilacap Regency 2024

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Background Hypertension or high blood pressure is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. Hypertension is a health problem in all parts of the world and as one of the main risk factors for cardiovascular disease. The population of people with hypertension according to Riskesdas (2018) in Central Java Province is 37.57%. Women (40.17%) are higher than men (34.83%). Cilacap Regency is ranked 15th in Central Java with 41.7%. in Cilacap Regency hypertension ranks first in the proportion of non-communicable disease cases in 2022 at 80.1%. The estimated number of people with hypertension aged >15 years in 2019 was 8,070,378 people or 30.4% of the entire population aged >15 years. Of the estimated number, 2,999,412 people or 37.2% have received health services (Central Java Provincial Health Office 2019). **Objectives** This study aims to describe the application of anti-hypertensive gymnastics to reduce high blood pressure in hypertensive patients in Karanggintung Village, Gandrungmangu District, Cilacap Regency 2024. **Methodology** This study collects data by means of interviews, observation, physical examination, implementation, and documentation. **Results** The last blood pressure goal data after the implementation of warm water foot soak lemongrass and salt on the third day was 146/88mmHg and before implementation on the first day was 150/90mmHg. **Conclusions and Suggestions** The implementation of anti-hypertensive gymnastics has an effect on changes in patient blood pressure. The advice given is that nurses can teach interventions that are easily implemented independently by the community in addition to taking drugs from health services. **Keywords:** Hypertension, Implementation of Anti-Hypertension Gymnastics