

**PENGARUH SENAM YOGA TERHADAP PENURUNAN TEKANAN
DARAH PADA LANSIA YANG MENGALAMI HIPERTENSI
DI PANTI JOMPO YAYASAN GUNA BUDI ABKTI
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Dinar Mesarihati Gea¹, Erme Ariska Nainggolan², Elfita Duha³, Karmila Br Kaban⁴

Fakultas Keperawatan dan Kebidanan Universitas Prima Indonesia

geadinarmesarihati@gmail.com

ABSTRAK

Hipertensi merupakan meningkatnya tekanan darah secara terus menerus sehingga melebihi batas normal tekanan darah sistolik ≥ 140 mmHg dan tekanan darah diastolik ≥ 90 mmHg. Tekanan batas normal sistolik dewasa 110/90 mmHg. Yoga merupakan suatu aktifitas penyatuan atau memusatkan tubuh, pikiran dan jiwa yang dikombinasikan antara relaksasi bernapas dan meditasi, yoga sangat dianjurkan bagi penderita hipertensi karena dapat merelaksasi sehingga dapat meningkatkan sirkulasi darah keseluruh tubuh dengan lancar. Tujuan penelitian untuk mengetahui pengaruh senam yoga terhadap penurunan tekanan darah pada lansia hipertensi. Jenis penelitian ini menggunakan *pre- eksperimen* dengan rancangan *one group pretest posttest*, jumlah sampel sebanyak 20 responden dengan menggunakan teknik *non- probability sampling* yaitu teknik *purposive sampling*. Hasil penelitian menunjukkan ada pengaruh antara senam yoga terhadap penurunan tekanan darah pada lansia hipertensi dengan nilai *p-value* = 0,000 melalui uji *wilcoxon rank test*. Berdasarkan hasil penelitian yang dilakukan, diharapkan penderita hipertensi dapat menjadikan senam yoga sebagai penatalaksanaan non farmakologi untuk menurunkan tekanan darah tinggi.

Kata kunci : Tekanan Darah; Senam Yoga; Lansia; Hipertensi

**THE EFFECT OF YOGA SQUARE ON BLOOD PRESSURE REDUCTION
IN ELDERLY EXPERIENCING HYPERTENSION IN PANTI JOMPO
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Dinar Mesarihati Gea¹, Karmila Br Kaban², Erme Ariska Nainggolan³, Elfita Duha⁴

Fakultas Keperawatan dan Kebidanan Universitas Prima Indonesia

geadinarmesarihati@gmail.com

ABSTRACT

Hypertension is a continuous increase in blood pressure so that it exceeds the normal limit of systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. Hypertension can be a trigger factor for the onset of heart and blood vessel disease, this is due to the increase in high blood pressure continuously increasing the burden of arteries so that it experiences hardening and stiffness. Factors for increased blood pressure are poor lifestyle such as smoking, drinking alcohol, consuming fatty foods or high cholesterol levels and containing salt, age and genetic factors or heredity, to weight, stress, lack of exercise triggers an increase in blood pressure. To determine the effect of yoga exercises on decreasing blood pressure in the elderly who experience hypertension at the Nursing Home Foundation Budi Bakti Foundation Medan in 2020. This type of research uses a *pre-experimental* design with *one group pretest posttest*. The total sample of 20 respondents using non-probability sampling technique, namely purposive sampling technique. The results showed a decrease in blood pressure in elderly hypertension with yoga exercises with a *p-value* = 0,000 through the *Wilcoxon rank test*. Based on the results of research found in the elderly with hypertension are expected to do yoga exercises as a non-pharmacological management to reduce high blood pressure.

Keywords: Decreased Blood Pressure; Yoga Gymnastics; Elderly: Hypertension