

ABSTRAK

Hipertensi merupakan salah satu masalah kesehatan yang banyak dialami lansia dan berisiko meningkatkan komplikasi kardiovaskular. Upaya non-farmakologis seperti terapi tertawa, diet rendah garam, olahraga, dan aktivitas fisik menjadi strategi penting dalam mengendalikan tekanan darah. Penelitian ini bertujuan untuk menganalisis efektivitas terapi tertawa, diet rendah garam, olahraga, dan aktivitas fisik terhadap penurunan tekanan darah pada pasien lansia di Puskesmas Sei Kepayang Timur Kabupaten Asahan. Penelitian menggunakan desain quasi-eksperimen dengan pendekatan *pre-test* dan *post-test control group*. Jumlah responden sebanyak 60 orang lansia yang terbagi rata ke dalam kelompok intervensi 30 orang dan kelompok kontrol 30 orang. Data dianalisis menggunakan uji statistik komparatif (uji t berpasangan dan uji *chi-square*) dengan tingkat signifikansi $p < 0,05$. Hasilnya menunjukkan pada kelompok intervensi, terjadi penurunan rerata tekanan darah sistolik dari 150,2 mmHg menjadi 135,4 mmHg dengan selisih 14,8 mmHg ($p = 0,000$), serta penurunan diastolik dari 93,2 mmHg menjadi 84,4 mmHg dengan selisih 8,8 mmHg ($p = 0,000$). Intervensi lain berupa diet rendah lemak, olahraga, dan aktivitas fisik juga terbukti efektif menurunkan tekanan darah sistolik maupun diastolik. Kesimpulannya terapi tertawa, diet rendah garam, olahraga, dan aktivitas fisik efektif menurunkan tekanan darah pada lansia. Dari hasil penelitian ini lansia disarankan rutin melakukan terapi tertawa, menjaga pola makan rendah garam, serta meningkatkan aktivitas fisik dan olahraga. Instansi kesehatan perlu mengintegrasikan program intervensi non-farmakologis ini dalam pelayanan promotif dan preventif. Penelitian selanjutnya diharapkan mengkaji efektivitas jangka panjang dan memperluas jumlah sampel.

Kata kunci: Terapi tertawa, Diet rendah garam, Olahraga, Aktivitas fisik, Tekanan darah, Lansia

ABSTRACT

Hypertension is a common health problem among the elderly and carries a risk of increasing cardiovascular complications. Non-pharmacological efforts such as laughter therapy, a low-salt diet, exercise, and physical activity are important strategies in controlling blood pressure. This study aims to analyze the effectiveness of laughter therapy, a low-salt diet, exercise, and physical activity on reducing blood pressure in elderly patients at the Sei Kepayang Timur Community Health Center in Asahan Regency. The study used a quasi-experimental design with a pre-test and post-test control group approach. The number of respondents was 60 elderly people who were divided equally into an intervention group of 30 people and a control group of 30 people. Data were analyzed using comparative statistical tests (paired t-test and chi-square test) with a significance level of $p < 0.05$. The results showed that in the intervention group, there was a decrease in mean systolic blood pressure from 150.2 mmHg to 135.4 mmHg, with a difference of 14.8 mmHg ($p = 0.000$), and a decrease in diastolic blood pressure from 93.2 mmHg to 84.4 mmHg, with a difference of 8.8 mmHg ($p = 0.000$). Other interventions, including a low-fat diet, exercise, and physical activity, were also shown to be effective in reducing both systolic and diastolic blood pressure. In conclusion, laughter therapy, a low-salt diet, exercise, and physical activity are effective in reducing blood pressure in the elderly. Based on these study results, the elderly are advised to regularly engage in laughter therapy, maintain a low-salt diet, and increase physical activity and exercise. Health institutions need to integrate this non-pharmacological intervention program into promotive and preventive services. Future research is expected to examine long-term effectiveness and expand the sample size.

Keywords: *Laughter therapy, Low-salt diet, Exercise, Physical activity, Blood pressure, Elderly*