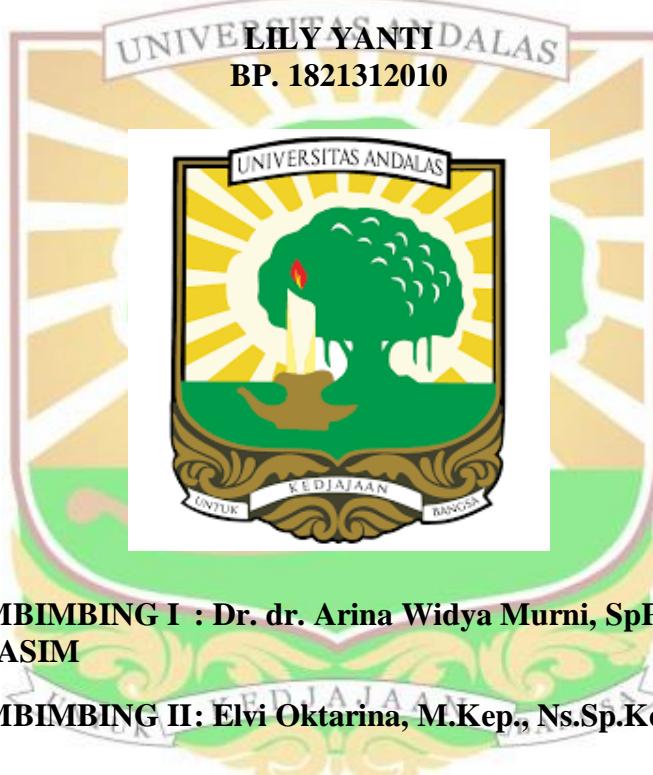


**PERBANDINGAN EFEKTIFITAS SENAM ERGONOMIK DAN
YOGA TERHADAP PENURUNAN TEKANAN DARAH PADA
PASIEN HIPERTENSI DI WILAYAH KERJA PUSKESMAS
PAYOLANSEK KOTA PAYAKUMBUH
TAHUN 2020**

TESIS

OLEH:



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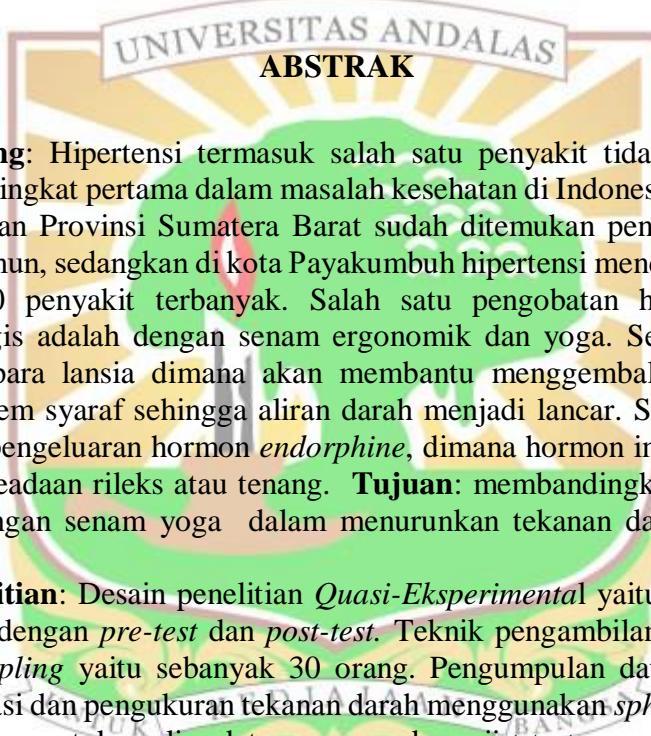
**PROGRAM STUDI S2 KEPERAWATAN
KEKHUSUSAN KEPERAWATAN MEDIKAL BEDAH
FAKULTAS KEPERAWATAN – UNIVERSITAS ANDALAS
PADANG 2020**

**PROGRAM STUDI S2 KEPERAWATAN
KEKHUSUSAN KEPERAWATAN MEDIKAL BEDAH
FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS**

**Tesis, September 2020
Lily Yanti**

Perbandingan Efektifitas Senam Ergonomik dan Yoga terhadap Penurunan Tekanan Darah pada Pasien Hipertensi di Wilayah Kerja Puskesmas Payolansek Kota Payakumbuh Tahun 2020

xviii + 136 hal + 11 tabel + 6 gambar + 4 bagan + 13 lampiran



Latar belakang: Hipertensi termasuk salah satu penyakit tidak menular yang menduduki peringkat pertama dalam masalah kesehatan di Indonesia. Menurut data Dinas Kesehatan Provinsi Sumatera Barat sudah ditemukan penderita hipertensi berusia ≥ 18 tahun, sedangkan di kota Payakumbuh hipertensi menduduki peringkat kedua dari 10 penyakit terbanyak. Salah satu pengobatan hipertensi secara nonfarmakologis adalah dengan senam ergonomik dan yoga. Senam ergonomik cocok untuk para lansia dimana akan membantu menggembalikan posisi dan kelenturan sistem syaraf sehingga aliran darah menjadi lancar. Senam yoga akan menstimulasi pengeluaran hormon *endorphine*, dimana hormon ini dihasilkan saat tubuh dalam keadaan rileks atau tenang. **Tujuan:** membandingkan antara senam ergonomik dengan senam yoga dalam menurunkan tekanan darah pada pasien hipertensi.

Metode Penelitian: Desain penelitian *Quasi-Eksperimental* yaitu *Non Equivalen Group design* dengan *pre-test* dan *post-test*. Teknik pengambilan sampel dengan *purposive sampling* yaitu sebanyak 30 orang. Pengumpulan data menggunakan lembar observasi dan pengukuran tekanan darah menggunakan *sphygmomanometer* digital sedangkan untuk analisa data menggunakan uji *t-test*

Hasil: Tekanan darah sistolik setelah senam ergonomik rata-rata 2,087 mmHg, setelah senam yoga didapatkan rata-rata 2,529 mmHg dengan nilai $p=0,116$. Tekanan darah diastolik setelah senam ergonomik 2,073 mmHg, setelah senam yoga didapatkan rata-rata 2,947 mmHg dengan nilai $p=0,002$

Kesimpulan: senam yoga lebih bermakna penurunannya dalam tekanan darah diastolik dibandingkan senam ergonomik

Saran: penderita hipertensi dianjurkan untuk melakukan senam yoga secara rutin untuk membantu menurunkan tekanan darah.

Kata Kunci : Hipertensi; Senam Ergonomik; Senam Yoga; Tekanan Darah
Daftar pustaka : 72 (2008-2019)

**PROGRAM STUDY OF NURSING GRADUATED
SPECIFICITY OF SURGICAL MEDICAL NURSING
FACULTY OF NURSING - UNIVERSITAS ANDALAS**

Thesis 2020

Lily Yanti

Comparison of the Effectiveness of Ergonomic Exercise and Yoga on Decreasing Blood Pressure in Hypertension Patients in the Payakumbuh Public Health Center Work Area in 2020

xviii + 136 pages + 11 tables + 6 pictures + 4 chart + 13 attachments

ABSTRACT

Background: Hypertension is one of the non-communicable diseases which ranks first in health problems in Indonesia. According to data from the West Sumatra Provincial Health Office, hypertension patients aged ≥ 18 years have been found, while in the city of Payakumbuh hypertension is ranked second out of 10 most diseases. One of the non-pharmacological treatment of hypertension is ergonomic exercise and yoga. Ergonomic exercise is suitable for the elderly which will help restore the position and flexibility of the nervous system so that blood flow becomes smooth. Yoga exercises will stimulate the release of endorphine hormones, which are produced when the body is relaxed or calm. **Objective:** to compare ergonomic and yoga exercises to reduce blood pressure in hypertensive patients.

Research Methods: Quasi-experimental research design, namely Non-Equivalent Group design with pre-test and post-test. The sampling technique was purposive sampling as many as 30 people. Data collection used observation sheets and blood pressure measurements used a digital sphygmomanometer, while data analysis used the t-test

Results: The average systolic blood pressure after ergonomic exercise was 2.087 mmHg, after yoga exercise the average was 2.529 mmHg with p value = 0.116. Diastolic blood pressure after ergonomic exercise was 2.073 mmHg, after yoga exercise an average of 2.947 mmHg was obtained with a value of p = 0.002

Conclusion: yoga exercise has a more significant reduction in diastolic blood pressure than ergonomic exercise

Suggestion: people with hypertension are encouraged to do yoga exercises regularly to help lower blood pressure.

Keywords: Blood pressure; Ergonomic Gymnastics; Hypertension; Yoga Gymnastics;

Bibliography: 72 (2008-2019)