

**SKRIPSI**

**HUBUNGAN KEBUGARAN FISIK DENGAN TEKANAN DARAH PADA  
LANSIA DI POSYANDU LANSIA KOTA PADANG TAHUN 2021**

**Penelitian Keperawatan Gerontik**



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Hubungan Kebugaran Fisik Dengan Tekanan Darah Pada Lansia Di Posyandu Lansia  
Kota Padang Tahun 2021

### ABSTRAK

Lansia mengalami penurunan fungsi tubuh seperti cepat lelah, pusing ketika berjalan dan lainnya. Kebugaran fisik berpengaruh terhadap tekanan darah terlebih pada lansia yang beresiko terserang tekanan darah tinggi. Tujuan penelitian ini untuk mengetahui hubungan kebugaran fisik dengan tekanan darah pada lansia di posyandu lansia Kota Padang tahun 2021. Jenis penelitian ini deskriptif korelasi dengan pendekatan *cross sectional study*. Teknik pengambilan sampel dengan *convenience sampling* sesuai dengan kriteria inklusi dan eklusi. Sampel penelitian seluruh lansia yang berada di wilayah kerja posyandu lansia Kelurahan Gates sebanyak 56 orang. Data dikumpulkan menggunakan kuisioner kebugaran fisik dan menggunakan *sphygmomanometer digital*. Analisa data menggunakan uji pearson. Hasil penelitian didapatkan kebugaran fisik rata-rata  $36,79 \pm 6,954$ , memiliki tekanan darah sistolik rata-rata  $142,14 \pm 17,475$  dan tekanan darah diastolik rata-rata  $85,93 \pm 9,334$ . Nilai  $p < 0,05$  kebugaran fisik berhubungan dengan tekanan darah sistolik dan diastolik nilai  $r$  0,632 dan 0,576 yang berarti berkorelasi kuat dan arah korelasi positif. Diharapkan bagi puskesmas meningkatkan edukasi kepada lansia terkait kepatuhan minum obat agar tekanan darah terkontrol dan memotivasi lansia meningkatkan aktivitas rutin untuk mempertahankan kebugaran fisik pada lansia

Kata kunci : kebugaran fisik, Tekanan darah, Lansia

Daftar Pustaka : 73 (2012-2021)

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*The Relationship between Physical Fitness and Blood Pressure in the Elderly at the  
Elderly Posyandu in Padang City in 2021*

**ABSTRACT**

*The elderly experience decreased body functions such as fatigue, dizziness when walking and others. Physical fitness affects blood pressure, especially in the elderly who are at risk of developing high blood pressure. The purpose of this study was to determine the relationship between physical fitness and blood pressure in the elderly at the posyandu for the elderly in Padang City in 2021. This type of research was descriptive correlation with a cross sectional study approach. The sampling technique was convenience sampling in accordance with the inclusion and exclusion criteria. The research sample is all the elderly who are in the working area of the elderly posyandu, Gates Village, as many as 56 people. Data were collected using a physical fitness questionnaire and using a digital sphygmomanometer. Data analysis using Pearson test. The results showed that the average physical fitness was  $36.79 \pm 6.954$ , had an average systolic blood pressure of  $142.14 \pm 17.475$  and an average diastolic blood pressure of  $85.93 \pm 9.334$ . P value  $< 0.05$  physical fitness was associated with systolic and diastolic blood pressure, r-values of 0.632 and 0.576, which means that there is a strong correlation and the direction of the correlation is positive. It is hoped that the puskesmas will improve education for the elderly regarding medication adherence so that blood pressure is controlled and motivate the elderly to increase routine activities to maintain physical fitness in the elderly*

*Keywords: physical fitness, blood pressure, the elderly*

*Bibliography : 73 (2012-2021)*