

**PROGRAM STUDI ILMU KEPERAWATAN
Universitas AWAL BROS BATAM**

SKRIPSI, September 2022

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Pengaruh *Brisk Walking Exercise* Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi di Wilayah Kerja UPTD Puskesmas Teluk Bintang Tahun 2022

78 Halaman + 7 Tabel + 4 Gambar + 12 Lampiran

ABSTRAK

Berdasarkan data WHO 2019 kasus hipertensi sebesar 22% diseluruh dunia, sementara di indonesia menempati urutan ke 3 kasus akibat hipertensi. Berdasarkan data tersebut kelompok usia tertinggi pada usia 35-44 tahun sebesar 31,6%. Fenomena yang ditemukan di wilayah UPTD Puskesmas Teluk Bintang sebanyak 172 kasus. Tujuan penelitian ini untuk mengetahui pengaruh *brisk walking exercise* terhadap penurunan tekanan darah pada pasien hipertensi metode dalam penelitian ini menggunakan pendekatan *pra eksperimental design*. Dengan Jumlah sampel 21 responden. Teknik pengambilan sampel *purposive sampling*. Data analisis dengan menggunakan uji *Paired sampel T Test*. didapatkan nilai sig 0,000 artinya ada pengaruh tekanan darah sebelum dan sesudah dilakukan *brisk walking exercise*. Kesimpulan pada penelitian didapatkan ada pengaruh *brisk walking exercise* terhadap penurunan tekanan darah pada pasien hipertensi di UPTD Puskesmas Teluk Bintang .Peneliti merekomendasikan agar UPTD Puskesmas Teluk Bintang memasukkan intervensi keperawatan *brisk walking exercise* sebagai salah satu latihan untuk membantu menurunkan tekanan darah pada pasien Hipertensi stadium 2.

Kata kunci: Hipertensi, Tekanan Darah, *Brisk Walking Exercise*

**NURSING SCIENCE STUDY PROGRAM
AWAL BROS BATAM University**

Mini Thesis, September 2022

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The Effect of Brisk Walking Exercise on Blood Pressure Reduction in Hypertensive Patients in the UPTD Working Area of Teluk Bintan Public Health Center in 2022

78 Pages + 7 Tables + 4 Pictures + 12 Attachments

ABSTRACT

Based on WHO 2019 data, hypertension cases were 22% worldwide, temporary in Indonesia, it ranks 3rd in cases due to hypertension. Based on these data, the highest age group was at the age of 35-44 years at 31.6%. The phenomena found in the UPTD area of the Teluk Bintan Health Center were 172 cases. The purpose of this study was to determine the effect of brisk walking exercise on reducing blood pressure in hypertensive patients. The method in this study used a pre-experimental approach. With a sample of 21 respondents. The sampling technique is purposive sampling. Data analysis using Paired sample T Test. obtained a sig value of 0.000 which means that there is an effect of blood pressure before and after brisk walking exercise is done. The conclusion of the study was that there was an effect of Brisk Walking Exercise on reducing blood pressure in hypertensive patients at the UPTD of Teluk Bintan Public Health Center. The researcher recommended that the UPTD of Teluk Bintan Public Health Center include a nursing intervention of brisk walking exercise as one of the exercises to help lower blood pressure in patients with Stage 2 hypertension

Keywords: Hypertension, Blood Pressure, Brisk Walking Exercise