

HUBUNGAN KEAKTIFAN SENAM DENGAN KUALITAS HIDUP LANSIA HIPERTENSI DI PUSKESMAS KASIHAN II KABUPATEN BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: Masalah kesehatan yang dihadapi lansia berhubungan dengan kemampuan gerak tubuh, degenerasi organ tubuh dan penurunan daya tahan tubuh lansia. Salah satu dampak dari penurunan fungsi organ tubuh diantaranya terjadinya labilitas tekanan darah. Dimana sekitar 60% lansia setelah berusia 65 tahun akan mengalami peningkatan tekanan darah atau hipertensi. kualitas hidup individu yang menderita hipertensi lebih buruk jika dibandingkan dengan individu yang memiliki tekanan darah normal.

Tujuan Penelitian: Mengetahui hubungan keaktifan senam dan kualitas hidup lansia hipertensi di Puskesmas Kasihan II Kabupaten Bantul Yogyakarta

Metode Penelitian: Jenis penelitian ini adalah penelitian *non-eksperimental* yang bersifat kuantitatif dengan menggunakan rancangan *cross sectional*. Pengambilan sampel menggunakan teknik *total sampling* yang berjumlah 88 lansia. data diambil dengan menggunakan kuesioner kemudian dianalisis menggunakan uji *Chi Square*.

Hasil Penelitian: Sebagian besar responden berjenis kelamin perempuan 30 responden (60,0%) , sebagian besar berumur 60-70 tahun (72,0%), frekuensi keaktifan senam dalam kategori aktif 26 responden (52,0%) dan kualitas hidup lansia hipertensi dalam kategori baik 32 responden (64,0%,) nilai $p=0,000$ ($p>0,05$).

Kesimpulan: Terdapat hubungan yang signifikan antara keaktifan senam dengan kualitas hidup lansia hipertensi di Puskesmas Kasihan II Kabupaten Bantul Yogyakarta.

Kata Kunci: Lansia, Hipertensi, Kualitas Hidup

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**THE RELATIONSHIP BEING ACTIVE GYMNASTICS WITH QUALITY OF
LIFE AMONG ELDERLY HYPERTENSIVE IN PUSKESMAS KASIHAN II
KABUPATEN BANTUL YOGYAKARTA**

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ABSTRACT

Background: Health problems faced by the elderly related to the ability of body movement, organ degeneration and decreased immunity of the elderly. One of the effects of decreased organ function include blood pressure lability. Where about 60% of elderly after age 65 will experience an increase in blood pressure or hypertension. the quality of the individual hiup that suffers from hypertension is worse when compared with individuals who have normal blood pressure

Research Objectives: Know the being active gymnastics with quality of life elderly hipertensive in Puskesmas Kasihan II Regency Yogyakarta

Research Method: This research has a non-experimental research that is quantitative by using cross sectional design. total sampling technique was used which amounted to 88 elderly. Data were taken by using questioner Chi Square test was used valite the data.

Research Results: Most of the respondents were female 30 respondents (60,0%), most are 60-70 years old (72,0%), frequency of active gymnastics in the active category 26 resoondents (52,0%) and quality of life of elderly hypertension in good category 32 respondents (64,0%) p value = 0,000 ($p > 0,05$).

Conclusion: There were a significant relationship between the active gymnastics with quality of life elderly hipertensive in Puskesmas Kasihan II Regency Yogyakarta

Key Words: Elderly, Hypertension, Quality of Life

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