ABSTRACT

DESCRIPTION OF BLOOD PRESSURE BEFORE AND AFTER FOLLOWING THE PROLANIST GYMNASTIC SESSION AT PUSKESMAS ANDALAS PADANG

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ABSTRACT

National development stirs a shift in health problems. This leads to non-communicable disease (NCD) acceleration. In Indonesia, non-communicable disease such as hypertension known as "The silent killer" overpowers the other ncd. One of them is DM type 2. In West Sumatera, 25,4% of its population is diagnosed with hypertension. In order to prevent people from suffering or at risk of hypertension, a solution is needed. Due to direct intervention to community called Prolanis. The purpose of this study is to determine the description of blood pressure before and after following Prolanis gymnastics session at Puskesmas Andalas Padang.

This research is an analytic study. Using cross sectional design that is conducted at Puskesmas Andalas. The sampling technique applies consecutive sampling. The number of samples are 40 people. Data is acquired by following the gymnastic session and filling out the research's forms by the sample population. After obtaining the data, analysis is performed using the Wilcoxon signed rank test.

The result of this study is an average decrease in blood pressure 3.63 / 1.03 mmHg from the subjects. There are 15 people who experienced blood decrease, 12 people who experienced blood increase and 13 people with same blood pressure level before and after following the session. Based on the Wilcoxon test, the p value = 0.041 in systolic blood pressure and 0.633 in diastolic blood pressure pre and post the session. The difference in blood pressure is significant in systolic blood pressure and not significant in diastolic blood pressure.

Keywords: *non-communicable disease, hypertension, the silent killer, Prolanis*