ABSTRAK

Hipertensi sering kali tidak menimbulkan gejala klinis yang nyata, namun angka mortalitas yang diakibatkan oleh kondisi ini, khususnya pada kelompok lanjut usia, tergolong cukup tinggi. Oleh karena itu, diperlukan strategi penanganan yang efektif, salah satunya melalui pemanfaatan terapi non-farmakologi *isometric handgrip*. Penelitian ini dilaksanakan dengan tujuan untuk menganalisis pengaruh terapi *isometric handgrip* terhadap tekanan darah pada lansia di Wilayah Kerja Puskesmas Dungaliyo. Jenis penelitian yang diterapkan adalah kuantitatif dengan desain *pra-eksperimen* melalui pendekatan *one group pre-post test design*. Pemilihan sampel dilakukan dengan teknik *purposive sampling* yang melibatkan 36 responden lansia sesuai kriteria inklusi. Instrumen pengumpulan data menggunakan lembar observasi untuk mencatat hasil pengukuran tekanan darah sistolik maupun diastolik sebelum dan sesudah. Prosedur intervensi dijalankan secara rutin selama lima hari berturut-turut. Temuan penelitian mengungkapkan bahwa sebelum terapi, mayoritas responden berada pada kondisi hipertensi derajat I. Setelah intervensi, terjadi penurunan rata-rata tekanan darah sistolik sebesar 15,44 mmHg dan diastolik sebesar 11,30 mmHg, sehingga sebagian besar responden mengalami pergeseran ke kategori normal tinggi. Hasil uji statistik *Wilcoxon* mengonfirmasi adanya pengaruh yang sangat nyata dengan perolehan nilai *p-value* 0,000 < 0,005. Kesimpulannya, terapi *isometric handgrip* terbukti efektif menurunkan tekanan darah dan dapat menjadi cara non-farmakologi, preventif, serta promotif yang tepat bagi lansia. Disarankan untuk mengoptimalkan penerapan terapi ini secara teratur serta memperluas edukasi mengenai modifikasi gaya hidup sehat dan *screening* hipertensi pada lansia serta upaya penanganannya.

Kata Kunci: Hipertensi, *Isometric Handgrip*, Lansia, Tekanan Darah.

Abstract

Hypertension often does not present obvious clinical symptoms; however, the mortality rate associated with this condition, particularly among older adults, remains relatively high. Therefore, effective management strategies are needed, including non-pharmacological therapy such as isometric handgrip exercises. This study aimed to analyze the effect of isometric handgrip therapy on blood pressure among older adults in the Dungaliyo Public Health Center service area. This study employed a quantitative research method with a pre-experimental design, using a one-group pre-test and post-test. The sample was selected purposively and comprised 36 older adults who met the inclusion criteria. The data collection instrument consisted of an observation sheet used to record systolic and diastolic blood pressure measurements before and after the intervention. The intervention procedure was carried out routinely for five consecutive days. The findings revealed that, before the therapy, most respondents were categorized as having grade I hypertension. After the intervention, there was a decrease in the mean systolic blood pressure by 15.44 mmHg and diastolic blood pressure by 11.30 mmHg, resulting in most respondents shifting to the high-normal blood pressure category. The Wilcoxon test confirmed a highly significant effect (p-value = 0.000 < 0.005). In conclusion, isometric handgrip therapy was shown to be effective in reducing blood pressure and can serve as an appropriate non-pharmacological, preventive, and promotive approach for older adults. It is recommended that the regular implementation of this therapy be optimized, along with broader education on healthy lifestyle modification, hypertension screening among older adults, and its management.

Keywords: *Hypertension; Isometric Handgrip; Older Adults; Blood Pressure*