ABSTRACT

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Perbedaan tekanan darah sebelum dan sesudah *brisk walking exercise* **pada pasien hipertensi di wilayah kerja Puskesmas Sukajadi Palembang 2017**

Background: Hypertension is a condition where systolic blood pressure is more than 140 mmHg and diastolic blood pressure is more than 90 mmHg, hypertension can be handled with non-pharmacological techniques one of which is brisk walking exercise, brisk walking exercise is one of the recommended non-pharmacological activity by american hearth associantion (AHA) and american college of medicine.

Objective: to know the difference of blood pressure before and after doing brisk walking exercise in hypertension patient in work area of Sukajadi health center Palembang.

Method: This research used quantitative method with pre-experiment design with one group pre-post test. The population in this study are all respondents who have hypertension in the work area of the community Sukajadi health center Palembang. The research used total sampling technique to 31 subject.

Result: results univariate research result showed that blood pressure variable before brisk walking exercise majority classification of hypertension stage 1 stages were 23 subject (74,19%), blood pressure variable after brisk walking exercise majority classification of pre-hypertensive blood pressure were 16 subject (51,61%). The result Wilcoxon test of bivariate statistic test showed that there was some increment in 20 subject, decrement in 0 subject and unchanged on 11 subject, there were significant differences in blood pressure before and after brisk walking exercise (ρ value 0.001)

Suggestion: Nurses of health center can provide the education of brisk walking exercise to the people who suffered from hypertension to lower blood pressure