

**GAMBARAN SENAM *TAI CHI CHUAN* TERHADAP  
TEKANAN DARAH PADA PENDERITA HIPERTESI**

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**PROGRAM STUDI D-III KEPERAWATAN  
SEKOLAH TINGGI ILMU KESEHATAN  
BAKTI TUNAS HUSADA  
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# **GAMBARAN SENAM *TAI CHI CHUAN* TERHADAP TEKANAN DARAH PADA PENDERITA HIPERTESI**

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## **ABSTRAK**

**Pendahuluan:** Hipertensi merupakan penyakit yang dapat menyebabkan penyakit jantung koroner, gagal jantung kongestif, stroke, gagal ginjal, gangguan fungsi ginjal dan masalah mata.

**Tujuan:** Tujuan penelitian adalah Mengetahui Gambaran Senam *Tai Chi Chuan* Terhadap Tekanan Darah Pada Penderita Hipertensi.

**Metode :** Desain penelitian adalah *Literatur Review*.

**Hasil Penelitian:** Hasil penelitian ini didapatkan 9 dari 10 penelitian hanya 1 penelitian yang mnyebutkan bahwa modifikasi senam *Tai Chi Chuan* tidak ada hubungannya dengan teanan darah, dan 9 artikel penelitian meyebutkan ada perubahan tekaanan darah setelah dilakukan senam *Tai Chi Chuan* terhadap pedrta Hipertensi.

**Kesimpulan:** Kesimpulan penelitian ini adalah ada pengaruh pemberian senam *Tai Chi Chuan* terhadap tekanan darah pada penderita hipertensi.

**Kata kunci:** Senam *Tai Chi Chuan*, tekanan darah hipertensi.

**OVERVIEW OF TAI CHI CHUAN EXERCISE ON BLOOD PRESSURE IN  
PEOPLE WITH HYPERTENSION**

**Introduction:** Hypertension is a disease that can cause coronary heart disease, congestive heart failure, stroke, kidney failure, kidney dysfunction and eye problems. **Objective:** The purpose of this study was to determine the Tai Chi Chuan Gymnastics Against Blood Pressure in Patients with Hypertension. **Method:** Research design is Literature Review. **Research Results:** The results of this study found 9 out of 10 studies only 1 study mentioned that the modification of the Tai Chi Chuan exercise had nothing to do with blood pressure, and 9 research articles said there were changes in blood pressure after the Tai Chi Chuan exercise against hypertension patients. **Conclusion:** The conclusion of this study is that there is an effect of giving Tai Chi Chuan exercises on blood pressure in patients with hypertension.

**Keywords:** Tai Chi Chuan Gymnastics, hypertension blood pressure.