

CHAIR YOGA SEBAGAI INTERVENSI NONFARMAKOLOGIS TERHADAP TEKANAN DARAH PADA LANSIA DENGAN HIPERTENSI

Niluh Nita Silfia^{1*}, Taqwin², Hastuti Usman³, Eva Nutfah D Burase⁴, Narmin⁵

^{1,5} Prodi D-III Kebidanan Palu Poltekkes Kemenkes Palu

² Prodi Sarjana Terapan Keperawatan Palu Poltekkes Kemenkes Palu

³ Prodi Sarjana Terapan Kebidanan Palu Poltekkes Kemenkes Palu

⁴ Rumah Sakit Universitas Tadulako Palu

Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Chair Yoga Elderly Hypertension Non-Pharmacological Intervention Primary Healthcare</p>	<p>Hipertensi pada lanjut usia merupakan masalah kesehatan kronis yang berkontribusi terhadap meningkatnya morbiditas kardiovaskular dan beban pelayanan kesehatan primer. Intervensi nonfarmakologis yang aman, mudah diterapkan, dan sesuai dengan keterbatasan fisik lansia masih belum dimanfaatkan secara optimal. Penelitian ini bertujuan untuk menganalisis efektivitas Chair Yoga terhadap penurunan tekanan darah pada lansia dengan hipertensi di wilayah kerja Puskesmas Talise, Kota Palu.</p> <p>Penelitian menggunakan desain quasi-experimental dengan pendekatan one group pretest–posttest. Sebanyak 33 lansia hipertensi dipilih melalui teknik purposive sampling dari total populasi 116 orang. Intervensi Chair Yoga diberikan secara terstruktur, dan tekanan darah diukur sebelum dan sesudah intervensi. Analisis data dilakukan menggunakan analisis univariat dan uji Wilcoxon.</p> <p>Hasil menunjukkan bahwa sebelum intervensi, mayoritas responden berada pada kategori hipertensi stadium II (84,4%). Setelah intervensi Chair Yoga, seluruh responden mengalami penurunan tekanan darah hingga kategori hipertensi stadium I (100%). Uji Wilcoxon menunjukkan perbedaan yang bermakna antara tekanan darah sebelum dan sesudah intervensi ($p = <0,001$; $\alpha < 0,05$). Chair Yoga terbukti efektif dalam menurunkan tekanan darah pada lansia dengan hipertensi. Chair Yoga merupakan intervensi nonfarmakologis berbasis komunitas yang aman, murah, dan mudah diimplementasikan di pelayanan kesehatan primer, khususnya pada program pengendalian hipertensi lansia di Posyandu Lansia berbasis Integrasi Layanan Primer.</p> <p>ABSTRACT</p> <p><i>Hypertension in older adults remains a major public health concern that increases cardiovascular morbidity and places a substantial burden on primary healthcare services. Safe and feasible non-pharmacological interventions tailored to the physical limitations of the elderly are still underutilized. This study aimed to examine the effectiveness of Chair Yoga in reducing blood pressure among elderly patients with hypertension in the working area of Talise Primary Health Center, Palu City.</i></p> <p><i>A quasi-experimental study with a one-group pretest–posttest design was conducted. Thirty-three elderly individuals with hypertension were selected using purposive sampling from a population of 116 participants. Chair Yoga was administered in a structured manner, and blood pressure was measured before and after the intervention. Data were analyzed using univariate analysis and the Wilcoxon signed-rank test. Prior to the</i></p>

intervention, most participants were classified as having stage II hypertension (84.4%). Following the Chair Yoga intervention, all participants showed a reduction in blood pressure to stage I hypertension (100%). Statistical analysis demonstrated a significant difference in blood pressure before and after the intervention ($p = <0.001$; $\alpha < 0.05$).

Chair Yoga is effective in lowering blood pressure among elderly patients with hypertension. Chair Yoga offers a low-cost, safe, and community-based non-pharmacological intervention that can be integrated into primary healthcare programs to support hypertension management among the elderly.

**Corresponding Author: niluhnita81@gmail.com*
