Cholesterol Levels of Hypertensive Patients in Prolanis Exercise

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Abstract

Hypertension causes 73% of deaths and 60% of all illnesses in the world. In Indonesia, hypertension is the number 3 cause of death after stroke and tuberculosis, which accounts for 6.7% of the population's deaths at all ages. Prolanis exercise is a program organized by BPJS as a preventive and promotive measure for hypertension. The research aims to determine the effect of prolanis exercise on cholesterol levels in patients with hypertension. The research hypothesis is whether there is an effect of prolanis exercise on the cholesterol levels of hypertensive sufferers. The research is a quantitative study with a cross sectional design. The research tool is an observation sheet. The research population was participants in prolanis exercise at the Kotabumi II Health Center with a sample size of 35 people. Data analysis using univariate and bivariate (*T test)*. The results of the study showed that prolanis exercise had a significant effect on the cholesterol of Hypertension Program Patients (PPHT) at the Kotabumi II Community Health Center, the average initial cholesterol measurement was 222.53 mg/dl (SD= 47.06) and the average final cholesterol measurement was 128.80 (SD= 34.70). The average age of sufferers was 54.03 (SD = 7.23), the average person suffering from hypertension was 7.96 years (SD = 4.3), the average body mass index was 24.54 (SD = 4.75). There was a significant difference in initial and final cholesterol ($p=0.00$; $\alpha=0.05$) in patients with the Hypertension Disease Program (PPHT) Kotabumi II Health Center.

Keywords

Exercise, Cholesterol, Hypertension, Prolanis