

Penurunan tekanan darah dan mean arterial pressure (map) pasca bersepeda luar ruangan dan beberapa faktor yang berhubungan = Reduction in blood pressure and mean arterial pressure (map) post outdoor cycling and some related ractors

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Abstrak

Latar belakang: Hidup aktif sangat penting untuk meningkatkan kesehatan dan kebugaran. Aktivitas sepeda bersama, telah menjadi gaya hidup sebagian masyarakat perkotaan. Banyak penelitian pada atlet di laboratorium menunjukkan adanya efek penurunan tekanan darah sesudah melakukan latihan fisik aerobik berupa latihan treadmill atau sepeda statis. Aktivitas aerobik bersepeda yang dilakukan oleh komunitas bukan atlet di luar ruangan (outdoor) umum dijumpai di daerah perkotaan Indonesia.

Tujuan: Mengetahui dampak bersepeda luar ruangan terhadap penurunan tekanan darah dan MAP sesudah bersepeda serta beberapa faktor yang berhubungan.

Metode: Subyek adalah 33 pesepeda bukan atlet (20-30) tahun. Sebelum bersepeda, diukur berat badan dan tinggi badan, dan tekanan darah. Sesudah bersepeda sejauh 7 km, dilakukan pengisian kuesioner kebiasaan bersepeda dan pengukuran tekanan darah pada meni tke 5-30 pada masa pemulihan.

Hasil: Rerata penurunan tekanan darah sistolik adalah $8,36 \pm 5,41$ mmHg, tekanan darah diastolik $1,82 \pm 3,94$ mmHg dan MAP $4,00 \pm 3,09$ mmHg. Tidak terdapat hubungan antara jender, usia, IMT, kebiasaan bersepeda dan penurunan tekanan darah sistolik sesudah bersepeda.

Kesimpulan: Terdapat penurunan yang bermakna pada tekanan darah dan MAP pasca bersepeda luar ruangan. Bersepeda luar ruangan terbukti dapat menurunkan tekanan darah pada subyek normotensi tanpa membedakan jender, usia, IMT dan kebiasaan bersepeda. Kata Kunci: Aerobik, bersepeda luar ruangan, penurunan tekanan darah sesudah latihan fisik.

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Background: Active Living is very important to improve health and fitness. Cycling together, have become part of the urban lifestyle. Many studies have been conducted on athletes in the laboratory showed that after aerobic exercise training on a treadmill or stationary bike has lowering effect of the blood pressure. Cycling as aerobic activities undertaken by non- athlete community outdoors commonly found in urban areas in Indonesia.

Purpose: To determine the impact of outdoor cycling to blood pressure and MAP reduction after cycling and several related factors.

Methods: The subjects in this study were 33 non-athletes cyclists (20-30) years old. Body weight and height, and blood pressure was measured before cycling. After 7 km cycling, filling out the questionnaire of cycling habits and blood pressure measurements in 5-30 minutes of recovery time.

Results: The mean reduction in systolic blood pressure was 8.36 ± 5.41 mmHg, diastolic blood pressure was 1.82 ± 3.94 mmHg and MAP was 4.00 ± 3.09 mmHg. There was no relationship between genders, age, BMI, cycling habits with systolic blood pressure reduction after cycling.

Conclusion: There was a significant reduction in blood pressure and MAP after outdoor cycling. Outdoor cycling is proven to reduce blood pressure in normotensive subject regardless of gender, age, BMI and

cycling habits.