

**THE APPLICATION OF ERGONOMIC EXERCISE TO REDUCE
BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN
KARANGWARU VILLAGE PLUPUH SRAGEN**

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ABSTRACT

Background; Hypertension is one of the cardiovascular problems that often occur in the elderly. The high blood pressure that take place in a long time will cause damage to blood vesssels throughout the body, however it can be controlled with pharmacological and non-pharmacological therapy, which is ergonomic gymnastics. Ergonomic gymnastics is a movement of gymnastics combined with breathing techniques. **The Purpose;** Describe the comparison before and after being given ergonomic gymnastics in hypertension patients. **Method;** The type of research used is descriptive method with a case study design that describes the comparison before and after being given ergonomic gymnastics in hypertension patients in Karangwaru village Plupuh Sragen. **Results;** The is a decrease in blood pressure in Miss. P and Miss. N before and after being given ergonomic gymnastics for 3 days. In Miss. P 160/110 mmHg to 150/90 mmHg and at Miss. N 150/100 mmHg to 130/80 mmHg. **Conclusion;** There was a decrease in blood pressure after being given ergonomic gymnastics for 3 days in the village of karangwaru plupuh sragen.

Keywords: *Ergonomic Gymnastics, hypertension*