

# ***METHODS OF YOGA EXERCISES TO REDUCE BLOOD PRESSURE IN ELDERLY***

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## ***ESSENCE***

*Yoga gymnastics is an activity where a person focuses all of his thoughts on controlling the five senses and his body as a whole. The effect of yoga practice on the reduction of systolic and diastolic blood pressure in the elderly obtained a probability value of 0.000 which means < a significant level of 0.05 or 5%. The average decrease in diastolic blood pressure was 32,4 mmHg and the average decrease in diastolic blood pressure was 13.38 mmHg (Oktavia, 2012). Based on the 2017 Surakarta City Health Profile, the prevalence of hypertension was 65,252 cases. Yoga exercises can be done 3 times a week. One of the media that can be used in providing information is a pocket book. Pocket books can be used for the purpose of increasing knowledge, because they provide practical and more specific information. It can be concluded that the pocket book media can provide benefits for the elderly to increase knowledge about yoga exercises to reduce blood pressure.*

***Keywords : Yoga Gymnastics, Elderly, Blood Pressure, Pocket Book***