

TERA GYMNASTICS AS AN EFFORT TO REDUCE BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION

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SUMMARY

Hypertension is a as increase in blood pressure where the systolic pressure value is more than 140 mmHg and diastolic pressure is more than 90 mmHg. Symptoms of hypertension include headache, restlessness, heart palpitations, dizziness, blurred vision, chest pain, and fatigue. According to research, hypertension often occurs in the elderly. Things that can be done to improve blood flow is to do physical activity, one of which can be done is to do gymnastics. Gymnastics that can be done by the elderly is tera gymnastics. The purpose of this final project is to develop information for the elderly about efforts to reduce hypertension by doing tera exercise, which is informed through making a video project. he method in this final project is the use of health promotion media which includes Communication, Information, and Education (CIE). The CIE media used is video in the form of media. The tittles of video is "Lets , Overcome Hypertension in the Elderly by Performing the Tera Gymnastics Movement". It can be concluded, with the existence of information media in the form of making video projects, it is expected to provide educational information for the elderly.

Keywords: Hypertension, Elderly, CIE (Communication, Information and Education)