

PROLANIC EXERCISE EDUCATION IN HYPERTENSION ELDERLY WITH VIDEO

Edi Setiawan, Sri Hartutik
edisetia100@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background : Hypertension is an increase in systolic pressure of more than 140 mmHg and an increase in diastolic pressure of more than 90 mmHg. Hypertension if left untreated will result in damage to vital organs which can lead to serious diseases such as heart damage (coronary heart disease), brain (stroke), kidney damage (kidney failure). Management of hypertensive patients to lower blood pressure can be done in two ways, namely pharmacological therapy and non-pharmacological therapy, one of which is exercise, namely prolanis exercise. Prolanis gymnastics is a regular, directed and planned tone movement that is followed by the elderly in the form of physical exercise. These sports activities will help the body to stay fit and fresh. Prolanis exercise for the elderly with hypertension has a significant effect in reducing systolic and diastolic blood pressure. **Purpose :** It is hoped that the provision of prolanis exercise therapy will provide benefits for overcoming high blood pressure in patients with hypertension as a non-pharmacological therapy that is easily carried out by the general public, especially for the elderly. **Conclusion :** Videos can provide information to increase knowledge about prolanis exercise therapy to reduce blood pressure in hypertensive patients as a non-pharmacological therapy that is easily practiced independently by the public which can be seen on social media via smartphones.

Keywords : Hypertension, Prolanis Gymnastics, Video Media