

# Penerapan Aktivitas Jalan Pagi Terhadap Tekanan Darah Pada Penderita Hipertensi Lanjut Usia Di Desa Bendungan Kabupaten Sragen

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## **ABSTRACT**

**Background:** Hypertension is now a global issue because more and more cases are emerging as a result of ongoing lifestyle changes. Sustained increases in blood pressure can result in increased workload on the heart, which in turn can cause damage to blood vessels, heart failure, kidney failure, and vision loss. One way to treat hypertension is to use a non-pharmacological approach, such as taking a morning walk. **Purposes:** To identify the impact of carrying out walking activities in the morning on blood pressure in the elderly population suffering from hypertension in Bendungan Village, Sragen Regency. **Method:** This research method is a case study and descriptive research using pretest and posttest observation sheets. In this case study, researchers used a sphygmomanometer to measure the blood pressure of 2 respondents, carried out for 30 minutes a week (4 times frequency). **Results:** After 30 minutes of taking part in morning walks, Respondent 1 and Respondent 2 experienced different changes in blood pressure due to their application 4 times a week. Both respondents were categorized as grade 2 hypertension decreasing to degree 1 hypertension. **Conclusion:** The conclusion from the application results is that the rate of decrease in blood pressure in Mrs. M is greater, namely systolic pressure 24 mmHg, diastolic pressure 1 mmHg, while Mrs. W decrease in systolic pressure 15 mmHg diastolic 6 mmHg.

**Keywords:** Morning Walk, Hypertension, Elderly