

**THE EFFECT OF ISOMETRIC HANDGRIP EXERCISE ON
BLOOD PRESSURE OF ELDERLY WITH
HYPERTENSION IN GRINGGING
VILLAGE SRAGEN REGENCY**

Opie Yunia Widiati¹, Riyani Wulandari²
Bachelor of Nursing Study Program
'Aisyiyah University, Surakarta
oviewidia@gmail.com

ABSTRACT

Background: The prevalence of hypertension in Indonesia in 2021 reached 34.1% or more than 70 million people, and in Central Java in 2021 hypertension patients reached 37.57%. One of the interventions that supports is isometric handgrip exercise, to reduce blood pressure. **Objective:** To determine the effect of isometric handgrip exercise on blood pressure in elderly with hypertension in Gringging Village, Sragen Regency. **Methods:** The type of research is quantitative, the research method uses Pre-Experiment with One Group Pre Test-Post Test design. Using nonprobability sampling technique with purposive sampling method. Sampling as many as 15 respondents. The research instrument uses a sphygmomanometer. Data analysis with wilcoxon test. **Results:** in the study isometric handgrip exercise was given for 5 consecutive days with a time of 3 minutes and each hand got 2 contractions with a duration of 45 seconds per contraction. The results of the Wilcoxon test obtained a p-value of 0.000 <0.05. **Conclusion:** There is a significant effect of isometric handgrip exercise on blood pressure in elderly with hypertension in Gringging Village, Sragen Regency.

Keywords: Elderly, Hypertension, Isometric Handgrip Exercise