

## ***ABSTRACT***

# **APPLICATION OF HYPERTENSION GYMNASTICS TO REDUCE BLOOD PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION IN JOYOTAKAN VILLAGE RT 06 RW 05 SERENGAN KOTA SURAKARTA**

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**Background:** Most people with hypertension do not develop symptoms, although by accident some symptoms occur simultaneously and are believed to be related to hypertension. This results in blood pressure increasing with age. Increasing age causes physical changes in the body such as thickening of the artery walls due to the accumulation of collagen in the muscle layer, so that blood vessels will narrow and become stiff starting at the age of 45. **Objective:** To determine the results of the implementation in the 2 respondents in administering Hypertension Gymnastics to the elderly with Hypertension. **Methods:** Descriptive *research* design with a case study approach, conducted on 2 respondents. **Results:** Before the implementation of Hypertension Gymnastics, the risk of moderate hypertension was after the administration of Hypertension Gymnastics once every 1 week for 3 weeks with a duration of 30 minutes. Blood pressure measurements were carried out after rest, both respondents had a decrease in blood pressure. **Conclusion:** There was a comparison of the final results of blood pressure reduction in both patients before and after being given Hypertension Exercises. **Keyword :** *Hypertension, Elderly, Hypertension Gymnasti*