

IMPLEMENTATION OF HANDGRIP EXERCISE PROVISION ON CHANGES IN HIGH BLOOD PRESSURE IN THE ELDERLY IN JOYOTAKAN RT 06 RW 05 SERENGAN SURAKARTA

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ABSTRACT

Background: One of the diseases experienced by the elderly is hypertension. Hypertension is a condition where systolic blood pressure increases more than 140 mmHg and diastolic blood pressure exceeds 90 mmHg. One technique that can reduce blood pressure or is non-pharmacological is providing therapy using handgrips because this form of exercise contracts the hand muscles statically without being followed by excessive movement of the muscles and joints by stimulating ischemic stimuli and shear stress resulting from muscle contractions in the blood vessels which can be useful in reducing Cardiovascular reactivity to psychophysiological stressors in people with high blood pressure.

Objective: to find out the results of the implementation of providing therapy using a handgrip for blood pressure in elderly people with hypertension in Joyotakan Village, RT 06 RW 05 Serengan.

Method: descriptive research using the case study method. The number of subjects studied was 2 respondents.

Results: There was a decrease in blood pressure after giving therapy with handgrip 5 times for 45 seconds.

Conclusion: Providing therapy with handgrips has an effect on reducing blood pressure in elderly people with hypertension.

Keywords: Hypertension, Elderly, Providing Handgrip Therapy