

**APPLICATION OF ISOMETRIC HANDGRIP EXERCISE ON BLOOD
PRESSURE IN HYPERTENSIVE PATIENTS
IN JOYOTAKAN VILLAGE**

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ABSTRAC

Background: hypertension is usually referred to as a silent killer or in secret which can cause sudden death from hypertension. High rates of hypertensive people are older age and genetic factors can increase the risk of high blood pressure, but there are modifier risk factors such as high-salt food consumption, physical inactivity, and overconsumption of alcohol as well as one of the triggers increasing the risk of hypertension. **Purpose:** to find out the results of the implementation of isometric handgrip exercise against blood pressure on hypertensive patients at Joyoakan village. **Method:** descriptive, number 2, with stage 1 hypertension, implementation using isometric handgrip exercise. **Research:** blood pressure in both seniors before the application of isometric handgrip exercise falls into the category of stadium I hypertension, with insufficient blood pressure at the first age, with hypertension, and with the application of isometric handgrip exercise falls before normal. **Conclusion:** comparison of blood pressure in older people with uncontrolled hypertension and controlled isometric handgrip exercise was in the category of stage 1 hypertension, whereas after isometric handgrip play.

Keyword : elderly, handgrip, hypertension