

**APPLICATION OF TERA EXERCISES TO CHANGES IN HIGH BLOOD  
PRESSURE IN THE ELDERLY IN JOYOTAKAN**

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**ABSTRAK**

*Background: Elderly is someone who has reached the age of 60 years or above. The elderly will more often experience a decrease in body capacity caused by physical changes, namely hypertension, which is a very dangerous non-communicable disease (NCD). Hypertension is a very dangerous non-communicable disease (NCD). The definition of hypertension itself is an increase in systolic blood pressure  $\geq 140$  mmHg and/or diastole  $\geq 90$  mmHg. Objective: To determine the application of tera exercise to changes in high blood pressure in the elderly in Joyotakan Village. Method: This research design uses a case study method with descriptive research methods. Results: Results of blood pressure examination after administering Tera Gymnastics to Mrs. G 135/90 mmHg and Mrs. P 145/90 mmHg.18:13. Conclusion: There were changes in blood pressure before and after applying Tera exercises to Mrs. G and Mrs. P.*

**Keywords:** *Elderly, hypertension, tera gymnastics*