

**APPLICATION OF ERGONOMIC EXERCISE TOWARDS BLOOD
PRESSURE REDUCTION IN ELDERLY WITH HYPERTENSION
IN 03/09 PETORAN JEBRES SURAKARTA**

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ABSTRACT

Background: Hypertension is a condition when a person experiences an increase in blood pressure above normal limits. High blood pressure or hypertension is a condition when blood pressure shows a systolic number consistently higher than 140 mmHg and a diastolic number consistently higher than 90 mmHg. In RT 03 RW 09 Petoran, Jebres, Surakarta, by conducting an assessment, the results obtained from 10 elderly people were 2 elderly people with high blood pressure or hypertension. **Objective:** To determine the results of the implementation of ergonomic gymnastics on reducing blood pressure in the elderly with hypertension in RT 03 RW 09 Petoran, Jebres, Surakarta. **Method:** The research used is descriptive with a case study method. **Results:** The results of blood pressure development before and after receiving the application of ergonomic gymnastics for 4 times the application of gymnastics within a period of 2 weeks showed that blood pressure in both respondents decreased. **Conclusion:** The application of ergonomic gymnastics can reduce blood pressure in people with hypertension.

Keywords: Hypertension, Ergonomic Gymnastics