

DEVELOP GYMNASTICS OF HYPERTENSION AGAINST DROP BLOOD PRESSURE IN SENIORS WITH VIDEO MEDIA

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SUMMARY

Background: BPS says global: there are 727 million people at the age of 65 or older in 2020. Indonesia's population in 2021 accounted for 29.3 million. According to who, about 1.13 billion people in adults worldwide are hypertensive. The number of hypertension rates in Indonesia has been increased by 25.8% in 2013 to 34.1%. Hypertension if not treated immediately would lead to complications of such things as heart attack, heart failure, stroke, and could result in chronic kidney failure. The pay for hypertension was divided into two such as pharmacology and nonpharmacology as limiting salt intake, hypertensive diet, education and regular exercise such as hypertensive gymnastics. **Method:** Educating on video media entitled "Education On Hypertensive Gymnastics of Lower Blood Pressure" is chosen especially to provide education for hypertensive older people. **Result:** The project, which produces videos of educating seniors to lower blood pressure by applying hypertensive gymnastics, can increase their knowledge through hypertensive gymnastics as a way to lower hypertension. **Conclusions:** The video entitled "Education In Hypertensive Gymnastics of Lower Blood Pressure" was made as a social education for older people about hypertensive gymnastics as a way of reducing hypertension.

Keywords: Elderly, Gymnastics, Hypertension, Videos