

IMPLEMENTATION OF MORNING WALKING ACTIVITY ON BLOOD PRESSURE FOR ELDERLY HYPERTENSIO PATIENTS

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ABSTRACT

Background: Hypertension is a silent killer disease that can attack anyone and is mostly experienced by the elderly. The prevalence of hypertension in Indonesia in the 18-59 year age group is 5.9% of hypertension sufferers. While in the age group of 60 years and over, it is 33.9% between the prevalence based on a doctor's diagnosis of 22.9% and 56.8%. The prevalence of hypertension in Central Java is ranked 5th for hypertension cases with a percentage of 32.9%. Hypertension can be overcome with non-pharmacological techniques, one of which is by walking in the morning. ***Objective:*** To describe the results of the implementation of morning walks in the elderly with hypertension in Jumapolo Village, Karanganyar Regency. ***Method:*** This type of research uses a case study method that uses a qualitative descriptive research method. The instruments used include a sphygmomanometer, respondent observation sheets and SOP for morning walking activities. ***Results:*** After implementing morning walking activities for 3 times a week and carried out for 2 weeks, there was a decrease in blood pressure that was different between respondents 1 and 2. Respondent Mrs. W is categorized as grade 1 hypertension while Mrs. M is categorized as high normal hypertension. ***Conclusion:*** There is a difference in blood pressure development before and after being given morning walking activity.

Keywords: Elderly, Hypertension, Morning Walk