

**THE APPLICATION OF LOW IMPACT EXERCISES ON BLOOD  
PRESSURE VALUES IN ELDERLY PEOPLE WITH HYPERTENSION  
IN THE GONDANGREJO AREA OF KARANGANYAR DISTRICT**

Sandra Cika Febiyana<sup>1</sup>, Eska Dwi Prajayanti<sup>2</sup>

[sndrcika05@gmail.com](mailto:sndrcika05@gmail.com)

Diploma III Nursing Study Program

'Aisyiyah University Surakarta

**ABSTRACT**

**Background:** The incidence of hypertension is a major health problem that persists in Indonesia which continues to increase every year. Techniques used to control blood pressure values in the elderly with non-pharmacological therapy are using physical exercise / Low Impact Gymnastics which is useful for improving and maintaining the health of the heart, lungs, blood vessels, muscles and joints. The prevalence of hypertension according to the World Health Organization continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people. According to the results of the Indonesian Health Survey, the age group over 60 years old had 22.9% of respondents diagnosed. The prevalence of elderly hypertension in Central Java is 233.05%. **Objective:** Describe the results of the application of low impact gymnastics on blood pressure values in elderly people with hypertension in the Gondangrejo area of Karanganyar Regency. **Methods:** This type of research uses a case study method by applying low impact exercises to blood pressure values in elderly people with hypertension. **Results:** There is a decrease in blood pressure values after giving low impact exercises to Mrs.S and Mrs.R from grade 1 hypertension to normal and high normal. **Conclusion:** Low Impact Gymnastics is able to reduce blood pressure values in hypertensive elderly.

**Keywords:** Hypertension, Elderly, Low Imp Gymnastics, Blood pressure