

**APPLICATION OF TERA GYMNASTICS TO  
BLOOD PRESSURE IN THE ELDERLY  
WITH HYPERTENSION**

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**ABSTRACT**

**Background:** *The elderly are more susceptible to various degenerative diseases than young people. One of them that often arises without symptoms is hypertension. The incidence rate of hypertension in Indonesia reaches 36%. Indonesian Basic Health Research shows that the prevalence of hypertension in Central Java province in 2023 is 8,554,672 people or 38.2% of the entire population. The prevalence of hypertension at the Gambirsari Health Center in 2023 is 6,751 the highest in the city of Surakarta, one of the non-pharmacological therapies that can be given to elderly hypertension patients is tera gymnastics.* **Objective:** *To find out the results of blood pressure comparison before and after the application of tera gymnastics in the elderly.* **Methods:** *This study used a research design with a case study approach by observing blood pressure in 2 elderly respondents, conducted 6 times in 2 weeks for 30 minutes. The instrument used is the Blood Pressure Monitor.* **Results:** *There was a decrease in blood pressure before the application of tera gymnastics in the grade 2 hypertension category while Mrs. S in the grade 1 hypertension category and after the implementation of the blood pressure pressure exercises of Mrs. Z and Mrs. S there was an equivalent of experiencing a decrease of 1 grade.* **Conclusion:** *The application of tera gymnastics can lower blood pressure in the elderly with hypertension in both respondents.*

*Keywords: hypertension, elderly, tera exercise, blood pressure*