

***THE EFFECT OF ERGONOMIC EXERCISE ON BLOOD PRESSURE IN
ELDERLY HYPERTENSIVE PATIENTS IN GAYAM VILLAGE,
SUKOHARJO REGENCY***

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ABSTRACT

Background: The prevalence of hypertension among the elderly in Central Java in 2021 ranked the highest at 32.5%. In 2024, the prevalence of hypertension in Central Java Province reached 71.47%. One of the supportive interventions to lower blood pressure is ergonomic exercise. ***Objective:*** To determine the effect of ergonomic exercise on the blood pressure of elderly individuals with hypertension in Gayam Village, Sukoharjo Regency. ***Methods:*** This research is a quantitative study using a pre-experimental design with a One-Group Pretest-Posttest approach. The sampling technique was non-probability sampling with the purposive sampling method. A total of 17 respondents participated. The research instrument used was a sphygmomanometer. Data were analyzed using the Wilcoxon signed-rank test. ***Results:*** After the ergonomic exercise intervention was given three times a week for 23 minutes per session, the Wilcoxon test showed a significance value of $p = 0.000$ ($p < 0.05$). ***Conclusion:*** There is a significant difference in the blood pressure values of elderly individuals with hypertension before and after ergonomic exercise.

Keywords: Elderly, Hypertension, Ergonomic Exercise