

**DESCRIPTION OF PHYSICAL ACTIVITY IN ELDERLY PEOPLE
WITH HYPERTENSION AT MOJOSONGO HEALTH
CENTER BOYOLALI DISTRICT**

Vira Dwi Safitri¹, Eska Dwi Prajayanti²
viradwisafitri75@gmail.com
University 'Aisyiyah Surakarta

ABSTRACT

Background : Hypertension is a condition where there is systolic blood pressure above 149 mmHg and diastolic blood pressure above 90 mmHg, this can cause the risk of stroke, kidney failure, and heart disease. Some of the causes of hypertension in the elderly include age, genetics, gender, lack of physical activity, and smoking. One cause that often occurs is lack of physical activity. Physical activity is a physical exercise movement that is quite easy and cheap, physical activity can be done for 30 minutes or according to ability. **Objective** : Knowing the description of physical activity in elderly people with hypertension at the Mojosoongo Health Center, Boyolali Regency. **Methods** : This study used descriptive-quantitative research with a cross sectional approach. Sampling using simple random sampling. The sample size was 79 respondents. The instrument used GPAQ (Global Physical Activity Questionnaire) to measure physical activity. **Results** : The results showed a picture of physical activity in the elderly at the Mojosoongo Health Center 18 (22.8%) low activity, 37 (43%) moderate activity, and 27 (34.2%) high activity. **Conclusion** : Physical activity in the elderly at the Mojosoongo Health Center, Boyolali Regency, the majority is moderate activity.

Keywords : Hypertension, Elderly, Physical Activity