

**APPLICATION OF HYPERTENSION EXERCISES TOWARDS REDUCING
BLOOD PRESSURE IN ELDERLY HYPERTENSION SUFFERERS
IN RW 06 PURWODININGRATAN VILLAGE**

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ABSTRACT

Background: *The many declines in body function experienced by an elderly person cause physiological changes in the elderly, one of which is the elderly who experience hypertension. Hypertension often does not cause clear symptoms, so it is often not diagnosed for a long time. Non-pharmacological hypertension management can be done with hypertension exercises to reduce blood pressure in the elderly.* **Objective:** *To find out the results of the application of hypertension gymnastics on reducing blood pressure in elderly people with hypertension in RW 06 Purwodiningratan Village.* **Method:** *The research method used in writing this scientific paper is descriptive research using a case study research design.* **Results:** *There was a decrease in blood pressure in both respondents after hypertension exercise.* **Conclusion:** *There was a difference in the development of blood pressure reduction in both respondents before and after the implementation of hypertension exercise. So that hypertension exercise can be used as one of the non-pharmacological techniques to lower blood pressure.*

Keywords: *Hypertension, Elderly, Hypertension Gymnasti*