

**APPLICATION OF TERA GYMNASTICS TO REDUCE BLOOD PRESSURE  
IN ELDERLY PATIENTS WITH HYPERTENSION IN RW 10  
JOYORAHARJAN, PURWODININGRATAN**

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**ABSTRACT**

**Background:** Hypertension is a common non-communicable disease among the elderly and may lead to serious complications. The application of Tera gymnastics has been proven effective as a non-pharmacological therapy to help reduce blood pressure in elderly individuals with hypertension. This exercise can serve as an alternative promotive and preventive nursing intervention in the community.

**Objective:** To determine the effect of Tera gymnastics on reducing blood pressure in elderly patients with hypertension in RW 10 Joyoraharjan, Purwodiningratan Village.

**Method:** A descriptive study involving two elderly individuals with hypertension who performed Tera gymnastics twice daily for three consecutive days.

**Results:** After the implementation of Tera gymnastics, there was a measurable reduction in both systolic and diastolic blood pressure. The degree of reduction varied each day, observed both in the morning and afternoon sessions.

**Conclusion:** Tera gymnastics effectively reduced blood pressure in elderly individuals with hypertension.

**Keywords:** Tera Gymnastics, Hypertension, Elderly, Blood Pressure