

OVERVIEW OF PHYSICAL ACTIVITY IN ELDERLY PEOPLE WITH HYPERTENSION IN NGEMPLAK SUBDISTRICT, BOYOLALI REGENCY

Annisa Rosie Nirmala¹, Eska Dwi Prajayanti²
annisarosienirmala12@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Elderly individuals experience physiological changes, including those in the cardiovascular system, which can lead to hypertension. In Central Java Province, the prevalence of elderly people is 15.46%, while in Boyolali Regency, 14.83% or 160,188 individuals are aged over 60 years. Physical activity plays an important role in controlling blood pressure and preventing hypertension complications; however, many elderly still have low to moderate levels of physical activity. **The objective of the research:** This study aims to describe the level of physical activity among elderly with hypertension in Ngemplak Subdistrict, Boyolali Regency. This research employed a quantitative descriptive method with 92 elderly respondents selected through accidental sampling. **Methods:** The research instrument used was the Global Physical Activity Questionnaire (GPAQ) developed by WHO. Data were collected on June 9, 2025, in the working area of Ngemplak Public Health Center. **Results:** The results showed that 52.17% of respondents had a moderate level of physical activity, 31.52% low, and 16.30% high. **Summary:** In conclusion, most elderly with hypertension in the study area had a moderate physical activity level. These findings are expected to serve as a basis for healthcare providers in promoting and educating about health, as well as encouraging the elderly to engage in regular physical activity to prevent hypertension progression.

Keywords: Physical Activity, GPAQ, Hypertension, Elderly