

**PROLANIS EXERCISE EDUCATION AS AN EFFORT TO REDUCE BLOOD
PRESSURE IN ELDERLY HYPERTENSIVE PATIENTS THROUGH
VIDEO MEDIA**

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SUMMARY

Background: Hypertension is a degenerative disease commonly experienced by the elderly and can increase the risk of cardiovascular disease. One of the management efforts is through structured physical activity such as Prolanis exercise, which has been proven to help lower blood pressure. This study aims to develop Communication, Information, and Education (CIE) media in the form of a video entitled "Prolanis Exercise Education as an Effort to Reduce Blood Pressure in Elderly Hypertensive Patients through Video Media" **Method:** The Prolanis exercise was developed into a video using CapCut editing, with a file size of 2 GB, duration of 20 minutes, and published on YouTube. The video contains the definition of Prolanis exercise, its benefits, and a demonstration of movements according to standards. **Result:** The video "An Easy Way to Reduce Blood Pressure in Elderly Hypertensive Patients through Prolanis Exercise" was tested on 3 respondents, and the results showed that the video was interesting, clear, and easy to understand. **Conclusion:** The video is expected to serve as a practical guide for elderly hypertensive patients to perform Prolanis exercise correctly and regularly, thereby helping to reduce blood pressure and improve quality of life.

Keywords: Hypertension, Elderly, Prolanis Exercises, Videos