

THE EFFECTIVENESS OF LOW IMPACT AEROBIC GYMNASTICS ON REDUCING BLOOD PRESSURE IN THE ELDRLY IN THE HAMLET OF JATEN

Septian Nurhayati*, Rina Sri Widayati**, Ari Sapti Mei Leni***

Septiannurhayati13@gmail.com

STIKES 'Aisiyayah Surakarta

ABSTRACT

Background: Changes that occur in the elderly cause health problems that require knowledge to maintain health through good care, treatment, and healthy lifestyles. 70 elderly people in the hamlet of Jaten including 44 had hypertension. One way to reduce blood pressure in the elderly by doing Low Impact Aerobics and T'ai Chi Exercises. **The purpose of the study:** To determine the Effectiveness of Low Impact Aerobic Exercise and T'ai Chi Gymnastics to Reduce Blood Pressure in the Elderly. **Research method:** Quasi Experimental research with the design of two group pre test post test design. Sampling by purposive sampling as many as 40 respondents were given treatment 3 times a weeks for 4 weeks. Blood pressure measurement using a stethoscope and spignomanometer. **The results of the study:** Wilcoxon test results prove that for the Low Impact Aerobic Exercise group $p=0,034$ ($p<0,05$) and T'ai Chi Gymnastic value $p=0,002$ ($p<0,05$) it can be concluded that there are effects of Low Impact Aerobic Exercise and T'ai Chi Exercise to reduce blood pressure. The results of Mann Whitney's that show that the value of $p=0,016$ ($p<0,05$) means that there are differences in influence. **Conclusion:** There are differences in influence between Low Impact Aerobic Exercise and T'ai Chi Gymnastic, the most effective is T'ai Chi Exercise in reducing blood pressure.

Keywords: Elderly Hypertension, Low Impact Aerobic Exercise, T'ai Chi Gymnastic

* : Mahasiswi DIV Fisioterapi STIKES 'Aisiyayah Surakarta

** : Dosen STIKES 'Aisiyayah Surakarta

*** : Dosen STIKES 'Aisiyayah Surakarta