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| Ita Trisusilowati NIM C2015050 Nursing Undergraduate Study Program | <i>Consultants:</i> Mulyaningsih, M.Kep Hermawati, M.Kep |
| THE INFLUENCE OF PROLANIST GYM ON BLOOD PRESSURE IN ELDERLY IN NGUDI WARAS LOCAL GOVERMENT CLINIC OF TEMON VILLAGE | |
| ABSTRACT | |
| <p>Background : Hypertension is one of the cardiovascular diseases that become a public health problem. Hypertension has a high prevalence of about 20%. The highest disease is not contagious in Central Java is hypertension carried out at 57.6%. The first step to handling hypertension is by doing prolanistgymnastics. Purpose : Finding out the blood pressure before and after doing prolanis gymnastics on in health clinic in Temon Village. Method : This type of research is quantitative, with the design of the one group pre test-post test design. Sampling was taken by purposive sampling technique, by assigning a number of samples to 22 respondents. Research instruments using observation sheets. Analysis with Wilcoxon Test. Result : The results of the study showed a significant value of value $(0.000) < 0.05$. Conclusion : There were blood differences before and the exercise of prolanism among the elderly at Ngudi Waras Local Government Clinic of Temon Village.</p> | |
| <p>Keywords: Hypertension, elderly, prolanis gymnastics.</p> | |