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THE APPLICATION OF YOGA EXERCISE TO LOWER BLOOD PRESSURE IN ELDERLY IN DHARMA BAKTI PAJANG NURSING HOME, LAWEYAN, SURAKARTA CITY

ABSTRACT

Background: There are several techniques for treating high blood pressure in elderly patients with hypertension. Hypertension is a common problem faced by health workers including doctors, nurses, and others in the hospital or society. In this case, the researcher applied yoga exercises to lower blood pressure in elderly with hypertension. Yoga exercise is a personal development method that aligns the body, the flow of breathing, and also meditation. **Research Objective:** To determine the effect of yoga exercise techniques to lower blood pressure in elderly with hypertension in Dharma Bakti Pajang Nursing Home, Laweyan, Surakarta City. **Research Method:** This research used descriptive research design with case study approach which was conducted on two respondents in conducting the research. **Findings:** In this research, the researcher applied yoga exercise to lower the high blood pressure. The research result shows the decreased systolic blood pressure of 10 mmHg and diastolic blood pressure of 10 mmHg on July 3-9, 2018. In brief, yoga exercise is effective to lower blood pressure in elderly with hypertension. **Conclusion:** The data shows that yoga exercise is effective to lower blood pressure in elderly patients with hypertension. This yoga exercise is recommended to be applied to elderly patients with hypertension.

Keywords: *Hypertension, Blood pressure, Elderly, Yoga exercise.*