

ABSTRACT

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THE APPLICATION OF LOW IMPACT AEROBIC EXERCISE TO THE DECREASE IN BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE WORKING AREA OF PUSKESMAS NGORESAN, JEBRES, SURAKARTA.	
ABSTRACT	
<p>Background: hypertension is a conditon where a person has an increase in blood above normal that is approximately 140/90 mmHg. Low impact aerobic exercise is one of the nonpharmacological nursing interventions to lower blood pressure. Goal: The application of low impact aerobic gymnastics is to know the effectiveness of low impact aerobic gymnastics on the decrease in blood pressure. Research Method: The application of this case using descriptive method is the process of fact finding with appropriate interpretation. Results: Blood pressure results before a low impact aerobic exercise on Mrs. S 152/95 mmHg after aerobic exercise low impact blood pressure to 129/77 mmHg. On Mrs. P before a low impact aerobic exercise 158/98 mmHg and after aerobic exercise low impact to 135/87 mmHg. Conclusion: There is influence of low impact aerobic gymnastics on high blood pressure in Mrs. S and Mrs. P in the working area of Puskesmas Ngoresan, Jebres, Surakarta.</p>	
<p>Keywords : Low impact aerobic exercise, blood pressure, hypertension</p>	