

**APPLICATION OF HYPERTENSION GYMNASTIC TO DECREASING
BLOOD PRESSURE AT MRS.D AND MRS.N WITH HYPERTENSION
IN CELEP KEDAWUNG SRAGEN**

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Background Study : *Elderly will experience to the aging process, the process that occurs in the elderly results in changes including physical, psychological, and psychosocial changes. One of the most common health problems experienced by the elderly is hypertension. Hypertension can cause heart disease and stroke. Handling hypertension can be done with non-pharmacological therapy, one of which is hypertension gymnastics. Hypertension exercise is useful for dilating blood vessels, relaxing and improving cardiovascular so that blood pressure decreases.* **Research Objectives:** *To describe the implementation of hypertension gymnastics to reduce blood pressure in hypertensive patients.* **Method:** *Descriptive study with a case study design, this instrument research using a sphygmomanometer, stethoscope, observation sheet.* **Results:** *The results of this study shows that blood pressure before being taught hypertension exercise in Mrs. 180/110 mmHg and in Ny.N 160/100 mmHg, while blood pressure after being taught hypertensive exercise in Ny.D 150/90 mmHg and in Ny.N 130/80 mmHg. Differences in the development of blood pressure after the application of hypertension gymnastics to the D.D. 20 mmHg systolic and 30 mmHg diastolic, whereas in Ny.N systolic 30 mmHg and 40 mmHg diastolic.* **Conclusion:** *There is a decrease in blood pressure before and after the application of hypertension exercise.*

Keywords: *Elderly, Hypertension Gymnastic, Blood Pressure*