

**APPLICATION OF YOGA GYM TO REDUCE BLOOD PRESSURE IN
ELDERLY WITH HYPERTENSION IN THE VILLAGE
SAMBAN RT 3 RW 4 COMBONGAN
SUKOHARJO**

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ABSTRACT

Background: *The World Health Organization (OKD) states that the incidence of hypertension throughout the world is around 972 million (26.4%). The prevalence of hypertension in Indonesia in people aged 18 years and over is 32.4%. The prevalence of hypertension in Central Java Province is 1,153,371 or 12.98%. The prevalence of hypertension in Sukoharjo is 26,789. From the results of a preliminary study in Combongan Hamlet, there were 10 elderly who had hypertension. Management of non-pharmacological hypertension can be done by means of yoga exercises. **Objective:** Describe the implementation of the action of implementing yoga exercises to reduce blood pressure in patients with hypertension. **Method:** The research method used a descriptive method with a mixture of case studies. **Results:** Before doing yoga exercises, blood pressure is Ny. 160/110 mmHg becomes 140/90 mmHg. Whereas before doing yoga exercises, blood pressure is 150/100 mmHg, to 120/80 mmHg. Decrease in blood pressure in the mother. Systolic 20 mmHg diastolic 20 mmHg, while Ny.N systolic blood pressure 30 mmHg and Diastolic 20 mmHg. **Conclusion:** There is a difference in blood pressure in patients with hypertension before and after yoga exercises.*

Keywords: Blood Pressure, Hypertension, Gymnastics Yoga