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<p align="center"><b>THE EFFECT OF ISOMETRIC EXERCISE TO BLOOD PRESSURE OF HYPERTENSION PATIENT AT THE ELDERLY POSYANDU OF MATESIH AREA</b></p>	
<p align="center"><b>ABSTRACT</b></p> <p><i><b>Background:</b> Elderly people often complain of about their health problems, one of complaint is high blood pressure or hypertension. Isometric exercise is a form of exercise of muscle contraction without limb movement with the form of exercise can be lifting, pushing, or pulling hands and feet. Isometric exercise is one way for non-pharmacological treatment so that the elderly blood pressure can stable.</i></p> <p><i><b>Objective:</b> aim to know the effect of isometric exercise on blood pressure in hypertension patient at elderly Posyandu of Matesih area. <b>Method:</b> the design study was pre experiment with One Group Pre Test-Post Test Design. The sample study was 20 hypertension patients at elderly Posyandu of Matesih area with taking sample used proportionate stratified random sampling. Blood pressure measurement using a Sphygmomanometer and stethoscope. The isometric exercise done as long as 2 weeks with duration of 3 time a week, every exercise during 15 minutes. The data analysis using Wilcoxon test. <b>Results:</b> the result of wilcoxon test obtained <math>Z_{value} = -3,882</math> ; <math>p_{value} = 0,000</math>. <b>Conclusion:</b> There is an effect of isometric exercise to blood pressure of hypertension patient at elderly posyandu of Matesih area.</i></p>	
<p><b>Keywords: isometric, blood pressure, hypertension, elderly</b></p>	