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MORNING EXERCISE AND DEEP BREATHING EXERCISE TO OVERCOME HYPERTENSION IN ELDERLY

ESSENCE

Background: Elderly enter the last stage of the human life cycle. The aging population in Indonesia is growing rapidly, the percentage of the elderly population in Central Java Province continues to increase, namely 12.59% in 2017 to 13.03% in 2018. As the elderly age, changes in body functions such as cell function, decreased musculoskeletal function, and physical deterioration, and diseases that often occur in the elderly (hypertension, diabetes mellitus, stroke, and gout arthritis) which can cause reduced physical activity in the elderly. World Health Organization (WHO) data shows that one billion people worldwide suffer from hypertension. Indonesia has experienced an increase in the prevalence of hypertension, which increased from 25.8% to 34.1%. Handling or one of the methods that can be done to treat hypertension through physical activity that is highly recommended for the elderly is the morning exercise and deep breathing exercise. Morning Exercise can increase the body's ability to consume oxygen so that there are several changes in the mechanism of lowering the heart rate and the Deep Breathing Exercise can help relax blood vessel muscles and maintain elasticity of arteries so that it can help lower blood pressure. ***Objective:*** To increase public understanding, especially in the elderly who lack knowledge of health information. ***Methods:*** The method used uses communication, information and education (KIE) media in the form of booklets as a promotional medium containing the Morning Exercise and Deep Breathing Exercise programs to treat hypertension in the elderly. ***Result:*** The printed media of KIE in the form of booklets can be distributed directly to elderly posyandu cadres or directly to the elderly and indirectly to families or community social organizations. Booklets can be used as a source of information about hypertension and guidance in providing exercise to the elderly which can be used as a reference in reducing hypertension.

Keywords: Morning Exercise, Deep Breathing Exercise, Elderly, Hypertension