

EFFORTS TO REDUCE HIGH BLOOD PRESSURE IN LAUNSUES WITH ERGONOMIC GYMNASTICS USING VIDEO

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SUMMARY

Background : Hypertension is a disease that causes death, in Indonesia at the age of 24-44 years the prevalence is 29%, at the age of 45-64 years is 51% at the age > 64 years is 65%. The treatment is not always with pharmacological therapy but non-pharmacological therapy can be an option. One of the therapies that can be applied to the elderly is exercise in the form of ergonomic gymnastic. **Method :** The method used is in the form of a video containing high blood pressure and ergonomic gymnastic. **Result :** The output of this final project is in the form of video media with the title “Efforts To Reduce High Blood Pressure In Launsues With Ergonomic Gymnastic Using Video”. **Conclusion :** Video media is a publication media composed of writings or images, or a combination of these two types, which has the aim of providing information to the general public, the information displayed in the video is usually persuasive or in the form of an invitation. Ergonomic gymnastic videos as an effort to reduce hypertension are used as first aid.

Keyword: *Hypertension, Ergonomic Gymnastics*