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THE ELDERLY GYMNASTICS AS AN EFFORT TO REDUCE BLOOD PRESSURE IN THE ELDERLY WITH HYPERTENSION THROUGH THE BOOKLET MEDIA

SUMMARY

Background : *The elderly have a risk of chronic disease, including hypertension in the elderly. The prevalence of hypertension in the elderly in Indonesia at the age of 55-64 years is 55,2%, at the age of 65-74 years is 63,2% and the age >75 years is 60,5%. Therefore, management is needed to reduce blood pressure in the elderly through non-pharmacology, namely gymnastics for the elderly. Objective :* *To increase the knowledge of elderly gymnastics to reduce high blood pressure. Method :* *The method used is a method IEC like booklets as promotional media contains elderly gymnastics to reduce high blood pressure in the elderly. Result :* *The IEC print media form of this booklet can be distributed directly to the elderly or at elderly posyandu and community social organizations. Conclusions :* *As a media for promotion of education and information for public, especially the elderly related with elderly gymnastics in overcoming high blood pressure in the elderly.*

Keywords: *Elderly, Elderly Gymnastic, Hypertension*

