

Healthy With Hypertension Gymnastics To Lower Blood Pressure In People With Hypertension Through Video Media

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SUMMARY

Background: *People's lifestyle, which is more like fast food, can cause various health problems including hypertension, heart failure, diabetes mellitus, stroke, and kidney disease. In the city of Surakarta, there are 67,827 cases of hypertension and the most in Jebres sub-district with 15,345 cases of hypertension. One way to prevent complications of hypertension from occurring can be given hypertension exercise. Hypertension exercise is a sport that aims to increase blood flow and oxygen supply to the muscles and an active skeleton, especially for the heart muscle. Before doing exercise, the average systolic blood pressure was 142.82 mmHg and diastolic 94.10 mmHg, after hypertension exercise the average systolic blood pressure was 133.85 mmHg and diastolic 82.82 mmHg.* **Methods:** *The importance of information on hypertension exercise for hypertensive patients is then edited in the form of a video containing information on hypertension exercise.* **Result:** *The title of the video produced is hypertension exercise to lower blood pressure in hypertensive patients, contains information about the meaning of hypertension exercise, its benefits and objectives as well as the steps of hypertension exercise with an attractive appearance.* **Conclusion:** *Hypertension exercise can be used to lower blood pressure in hypertensive patients and the use of video is effective as a medium of communication, information, and education.*

Keywords: *Hypertension, Hypertension Gymnastics, Blood Pressure, Video*