

**ELDERLY EXERCISE REDUCES BLOOD PRESSURE  
IN ELDERLY PEOPLE WITH HYPERTENSION  
THROUGH VIDEO MEDIA**

**Sinta Rowaidatul Aqmalia**

*Diploma III Nursing Study Program, Faculty of Health Sciences*

*University 'Aisyiyah Surakarta*

[sintarowaidatulaqmalia@gmail.com](mailto:sintarowaidatulaqmalia@gmail.com)

**SUMMARY**

**Background :** *The elderly are at risk for chronic disease due to a decrease in body function, among them is hypertension in the elderly. WHO data in 2018 states that hypertension affects 22% of the world's population. While hypertension in Indonesia at the age >18 years reached an average of 13,22%. The prevalence of hypertension in the elderly in Indonesia aged 55-64 years is 55,23%, 65-74 years 63,22% and aged >75 years 69,53%. For this reason, management is needed to reduce hypertension in the elderly by means of non pharmacology, namely elderly exercise. **Methods :** With a video media entitled "a powerful way to lower blood pressure or hypertension with elderly exercise". **Result :** The theme of this video is elderly exercise to reduce blood pressure in elderly people with hypertension, explains about elderly exercise, elderly exercise steps to lower blood pressure. **Conclusions :** Using video media can provide information about how to lower blood pressure in elderly people with hypertension through elderly gymnastics.*

**Keywords :** *Elderly, Hypertension, Elderly Exercise*