

ERGONOMIC EXERCISES TO LOWER OF BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION THROUGH VIDEO MEDIA

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SUMMARY

Background; According to the *World Health Organization* (WHO), approximately 972 people or 26.4% of people worldwide have hypertension. The prevalence of hypertension in Indonesia reaches 34.1% of the population of the total population. Hypertension is a continuous increase in blood pressure within normal limits, the systolic blood pressure increases greater than 140 mmHg and the diastolic increases greater than 90 mmHg. Hypertension sufferers who cause persistent symptoms can aggravate the condition of hypertension sufferers. For that we need the right way to reduce the symptoms of hypertension. **Methods:** Management of hypertensive patients, especially the elderly, can be handled in a non-pharmacological way, namely ergonomic exercise through video media. This method is effective because there are already research journals that prove the effectiveness of ergonomic exercise to reduce high blood pressure. **Result:** Video media can be used as an educational medium and can provide clearer information in the delivery of material and can motivate people with hypertension, especially the elderly to do it regularly. **Conclusion:** video can be used as a medium of education and information to determine the methods and benefits of ergonomic exercise on blood pressure in elderly people with hypertension.

Key words : *Hypertension, Elderly, Ergonomic Gymnastics*