

The Application Of Tera Gymnastics To The Blood Pressure Of The Elderly With Hypertension In The Sumberejo Village

Lulia Fitri Ashary¹ , Norman Wijaya Gati, M.Kep.Ns.,Sp.Kep.J²

fitriashary21@gmail.com

‘Aisyiyah University of Surakarta

ABSTRACT

Background; Elderly are individuals over 60 years of age. Elderly susceptible to disease. Elderly are susceptible to disease. The decline in the biological function of the elderly causes degenerative problems. Degenerative diseases lead to disorders of the cardiovascular system, namely hypertension. The purpose of this application is to describe the results of the implementation of tera gymnastics in elderly hypertensive patients in Sumberejo Village. **Method;** Applied research with descriptive research case studies. The subjects in the case study were two elderly clients with hypertension in Sumberejo Village. The technique of applying tera gymnastics is carried out for 30 minutes with a frequency of three times in a row for one week. The measuring instruments for the application study were a sphygmomanometer and a stethoscope. The application was carried out in the village of Sumberejo, one of the villages in the Karanganyar Regency with a high level of elderly hypertension in Central Java. Data collection was carried out using an assessment with a daily schedule sheet for tera gymnastics and interviews related to the ability to do tera gymnastics. **Results;** Blood pressure before being given tera exercise to Mr. S is 165/100 mmHg while at Tn. M is 170/100 mmHg. Both respondents suffered from hypertension category II hypertension. Blood pressure after being given tera exercise to Mr. S is 150/80 mmHg while Tn. M is 160/90 mmHg. Both respondents suffered from hypertension category I hypertension. **Conclusion;** There was a decrease in blood pressure in both respondents after the application of terracing exercise.

Keywords: Elderly, Hypertension, Tera gymnastics