

ERGONOMIC EXERCISE EDUCATION REDUCES BLOOD PRESSURE IN ELDERLY HYPERTENSION THROUGH VIDEO MEDIA

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SUMMARY

Background : *Old age will experience changes in the cardiovascular system. This triggers an increase in the prevalence of hypertension in the elderly. Hypertension is a condition in which a person experiences an increase in systolic blood pressure of more than 140 mmHg and diastolic more than 90 mmHg. One of the steps that can be taken to reduce the increase in blood pressure in the elderly is to do sports such as gymnastics, one of which is ergonomic exercise. Ergonomic gymnastics is exercise taken from prayer movements. This gymnastic movement is in accordance with the composition and physiological functions of the body. Lack of public knowledge about the importance of doing sports, especially in the elderly. Ergonomic gymnastics requires media that is used as a means of health education for the elderly, one of which is video. **Method;** Education uses video media about ergonomic gymnastics techniques to provide knowledge and provide information to the public about ergonomic exercise to reduce blood pressure in elderly hypertension. **Results;** Elderly people with hypertension can apply ergonomic exercise independently through education from video media. **Conclusion;** Video can be used as a medium of education and information to find out the techniques and benefits of ergonomic exercise for reducing blood pressure in the elderly with hypertension.*

Keywords: *Elderly, Hypertension, Ergonomic Gymnastics, Video*