

**THE EFFECT OF GIVING ISOMETRIC HAND GRIP TRAINING
ON BLOOD PRESSURE REDUCTION IN THE ELDERLY TIME
PANDEMIC**

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ABSTRACT

Back Ground; Cases of hypertension are often found in the community, especially in the elderly. During the Covid-19 pandemic, many elderly people experienced a decrease in physical activity, causing an increased risk of hypertension in the elderly. To reduce the increase in hypertension cases and the increase in fatalities in Covid-19 patients with comorbid hypertension, there must be preventive measures in the form of exercises to lower blood pressure in the elderly. The provision of isometric hand grip exercises is proven to be able to reduce blood pressure in hypertensive patients. This isometric hand grip exercise is an easy, inexpensive exercise that can be done at home. **Objectives;** This study aims to determine the effect of giving isometric hand grip exercises on reducing blood pressure in the elderly during a pandemic at the Sumberlawang Health Center, Sragen. **Method;** Quasai experiment research the time series with one group pretest-posttest method. Sampling using purposive sampling technique. **Result;** The results of the bivariate test prove that there is an effect of giving isometric hand grip exercises on decreasing blood pressure in the elderly (p value = 0,001). **Conclusion;** There is an effect between giving isometric hand grip exercise and decreasing blood pressure in the elderly during the pandemic at the Sumberlawang Health Center, Sragen.

Keywords: pandemic, elderly, hypertension, isometric hand grip exercise.