

**APPLICATION OF TWENTY MINUTE WALK AGAINST CHANGES IN
BLOOD PRESSURE IN ELDERLY HYPERTENSION PATIENTS IN
DUKUH JATI VILLAGE**

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ABSTRACT

Background : *The world's elderly population is predicted to increase very quickly in 2020. Based on Susenas and Sakernas data, namely 12,2% in 2020 to 12,71% in 2021. The aging process will affect physical and mental changes in the elderly which results in a decrease in body resistance so that it is susceptible to various diseases and the most common is hypertension.* **Purpose :** *To determine changes in blood pressure in elderly patients with hypertension before and after walking activities.* **Methods :** *This application uses a descriptive case study by observing 2 female respondents aged 61-64 years who are given the implementation of walking for 20 minutes.* **Result :** *After the application of walking for 20 minutes for 3 consecutive days a week there was a decrease in blood pressure. Responden 1 with an average decrease in systolic pressure of 1 mmHg, diastolic 3 mmHg. Responden 2 average decrease in systolic blood pressure 2,3 mmHg, diastolic 0,6 mmHg.* **Conclusion :** *Walking for 20 minutes for 3 days a week can reduce blood pressure in elderly people with hypertension.*

Keywords : *Elderly. Hypertension, Walking activity.*