

**APPLICATION OF TERA GYMNASTICS TO ELDERLY BLOOD PRESSURE IN
hypertension PATIENTS IN SRAGEN WETAN VILLAGE**

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Abstract

Background; Blood pressure can be said to be normal depending on a person's age and daily activities. Based on data from the World Health Organization (WHO) in 2019 shows around 1.13 million people in the world have hypertension. Non-pharmacological methods of reduction are by exercise, one of which is hypertensive gymnastics. Tera gymnastics is a physical and mental exercise combined with motion. Tera gymnastics has many benefits, one of which is improving heart conditions and blood circulation and can control blood pressure. **Purpose;** Knowing the results of the application of tera gymnastics on blood pressure in the elderly in Sragen Wetan District. **Method;** This research design uses a case study method with a descriptive research method on hypertensive elderly using a sphygmomanometer. **Result;** Blood pressure before the application of tera gymnastics in respondents was included in the category of hypertension Grade I. There were differences in the development of blood pressure in the elderly with hypertension before and after the intervention of tera gymnastics into pre-hypertension. **Conclusion;** There are differences in development before and after tera gymnastics in the elderly, namely Grade I hypertension to pre-hypertension.

Keywords: Elderly, hypertension, tera gymnastics