

**APPLICATION OF ELDERLY GYMNASTICS ON BLOOD PRESSURE IN
THE ELDERLY WITH HYPERTENSION IN BANYUANYAR VILLAGE**

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ABSTRACT

Background : Indonesia ranks third with the highest population of hypertension in the Southeast Asia region. The results of the Basic Health Research show that the prevalence rate of hypertension in Indonesia nationally is 34.1%. Central Java has 1,377,356 elderly diagnosed with hypertension. There are 12,622 people with hypertension in Surakarta City. The Banyuanyar Village area contributes the largest population of hypertensive elderly in Banjarsari District. Efforts taken by hypertensive patients to reduce pressure, one of which is done non-pharmacologically, namely elderly gymnastics. **Objective:** Knowing the results of the implementation of the application of elderly gymnastics on blood pressure in the elderly with hypertension. **Methods:** This application uses a case study method and is carried out for 3 times in 1 week within a period of 2 weeks of intervention. Blood pressure measuring instruments using a digital sphygmomanometer **Results:** The application of elderly gymnastics to blood pressure in the elderly with hypertension can reduce blood pressure by an average of 34 mmHg in systolic and 16 mmHg in diastolic. **Conclusion:** There is a decrease in blood pressure after the application of elderly gymnastics in the elderly with hypertension in Banyuanyar Village.

Keywords : Elderly, Elderly Gymnastics, Blood Pressure, Hypertension