

APPLICATION OF HYPERTENSION GYMNASTICS AGAINST HIGH BLOOD PRESSURE FOR THE ELDERLY IN BENDUNGAN VILLAGE, SRAGEN

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ABSTRACT

Background: Hypertension is the most common vascular disease in society. According to data from the World Health Organization (WHO) in 2021, prevalence is 1.28 billion people with hypertension aged 30-79 years. Elderly is the age limit that is most vulnerable to suffering from hypertension. Hypertension exercise is an appropriate non-pharmacological treatment for the elderly because the movements tend to be slow but show significant results. **Objective:** To know the results of the implementation of Hypertension Gymnastics on changes in blood pressure in elderly people with hypertension. **Method:** This application uses a method in the form of a case study with a sample of two respondents in Dukuh Tegalsari, rt.002/000, Bendungan, Kedawung, Sragen, each of whom suffers from mild hypertension. **Results:** The management of hypertension in the elderly with Hypertension exercise, which was given twice a week for 30 minutes and carried out for a total of four weeks, decreased in the first respondent by a decrease in systolic by 22 and a decrease in diastolic by 14, while in the second respondent there was a decrease in systolic by 23 and a diastolic decrease of 13 in the normotensive category. **Conclusion:** Exercise in the elderly can reduce blood pressure in elderly with hypertension.

Keywords: Elderly, Hypertension, Hypertension Exercise