

**THE EFFECTIVENESS OF INTERVENTION OF YOGA  
EXERCISE WITH ISLAMIC SPIRITUAL MINDFULNESS  
INTERVENTION ON ANXIETY LEVELS IN ELDERLY  
HYPERTENSION AT THE NGORESAN HEALTH CENTER**

**Tika Alvio Nita, Maryatun**

[Tikaalvio03@gmail.com](mailto:Tikaalvio03@gmail.com)

University 'Aisyiyah Surakarta

**ABSTRACT**

**Background:** *Elderly people are more at risk or likely to experience various diseases that often arise, namely hypertension. High blood pressure can cause a risk of stroke, heart failure, and death. This death causes the elderly to become worried about their condition so that the elderly experience psychological changes, namely anxiety that requires long treatment and excessive worry arises. Anxiety can be overcome with non-pharmacological nursing interventions, namely Yoga and Islamic Spiritual Mindfulness.* **Objective :** *The purpose of this study was to determine the effectiveness of Islamic Yoga and Spiritual Mindfulness therapy in efforts to reduce anxiety in elderly hypertensives.* **Research Methods:** *This study used a Quasi-Experimental Design with a Control Group pretest-posttest Design approach. Sampling of 60 respondents. The research instrument used the DASS (Depression Anxiety Stress Scale) questionnaire.* **Results:** *The results showed a significant value in Islamic Yoga and Spiritual Mindfulness Therapy for anxiety levels in elderly hypertensives with a p-value of  $0.039 < 0.05$ , which means there is a difference between the average Islamic Yoga and Spiritual Mindfulness Therapy with Anxiety levels. The average result of Anxiety in yoga exercise is 26.33 and the average result of Anxiety in Islamic Spiritual Mindfulness is 22.93.* **Conclusion:** *Yoga Exercise Intervention is more effective than Islamic Spiritual Mindfulness therapy on the Anxiety level of elderly hypertension.*

**Keywords:** *Yoga Exercises, Islamic Spiritual Mindfulness, Anxiety, Elderly, Hypertension.*