

**APPLICATION OF ISOMETRIC HANDGRIP EXERCISE AND LAVENDER
AROMATHERAPY ON BLOOD PRESSURE IN ELDERLY WITH
HYPERTENSION AT KARANGANYAR HOSPITAL**

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ABSTRACT

Background: *Elderly is someone who has reached the age of 60 years and over. In the elderly group, the highest prevalence of non-communicable diseases was hypertension, which was 32.5%. Hypertension occurs due to an increase in blood pressure that is too high, which is caused by narrowing of the arteries (vasoconstriction) and stiffness of the arteries. A person is said to have hypertension if the systolic blood pressure is ≥ 140 mmHg and the diastolic blood pressure is ≥ 90 mmHg in two measurements. Blood pressure that is too high can cause rupture blood vessels to the brain so that it can cause a stroke and even death.* **Purpose:** *This study aims to reduce blood pressure and reduce pain in hypertensive patients by providing handgrip exercises and lavender aromatherapy.* **Method:** *Descriptive research using a case study design.* **Results:** *There is a decrease in blood pressure after doing handgrip exercise and breathing lavender aromatherapy.* **Conclusion:** *There are differences in the development of lowering blood pressure in the elderly with hypertension before and after the application of Isometric Handgrip Exercise and Lavender Aromatherapy.*

Keywords: *Elderly, Hypertension, Handgrip Exercise, Lavender Aromatherapy*