

THE APPLICATION OF ANTI-STROKE GYMNASTICS TO BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN KAMPUNGSEWU SURAKARTA

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ABSTRACT

Background: Hypertension or what can be called high blood pressure that occurs when blood vessel pressure is too high, said to be high if the blood pressure is 140/90 mmHg or more. According to the *World Health Organization (WHO)*, the prevalence year is 1.28 billion people who experience hypertension aged 30-79 years. The prevalence of hypertension in Pucangsawit Health Center in 2022 was 4.492 hypertensive patients in Surakarta City, One of the non-pharmacological therapies that can be given to hypertensive patients is anti-stroke gymnastics. **Objective:** Describe the results of blood pressure comparison and after the application of Anti-Stroke Gymnastics in patients with hypertension. **Method:** This study uses a descriptive research design with a case study approach by observing blood pressure in 2 respondents with hypertension, conducted 2 weeks for 6x within 30 minutes. The instruments used are observation sheets, Blood Pressure Monitors, and anti-stroke gymnastics SOP videos. **Results:** There is a decrease in blood pressure after giving Anti-Stroke Gymnastics to Mrs. E from 148/81 mmHg to 130/78 mmHg and to Mrs. S from 157/111 mmHg to 143/101 mmHg. **Conclusion:** The application of anti-stroke gymnastics can potentially reduce blood pressure in hypertensive patients in both respondents.

Keywords: *Anti-Stroke Gymnastics, Blood Pressure, Hypertension.*