

**THE EFFECT OF ELDERLY GYMNASTICS ON CHANGES IN BLOOD  
PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION  
IN KARANG TENGAH VILLAGE, SRAGEN**

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**ABSTRACT**

**Background:** Hypertension is the most common vascular disease in society. The elderly are the most common age to suffer from hypertension. Elderly gymnastics is one of the non-pharmacological treatments in the form of physical exercise. The prevalence of hypertension according to the World Health Organization (WHO) in 2021 is around 1.28 billion adults aged 30 to 79 years worldwide suffering from hypertension. **Objective:** to determine the effect of elderly gymnastics on changes in blood pressure in elderly people with hypertension. **Methods:** This study uses quantitative descriptive method with pre-experimental design with one group pre test and post test, sampling technique using nonprobability sampling and using t-test. **Results:** Based on the results of the t-dependent test, obtained ( $p$  value = 0.000) for systolic results and for diastolic results ( $p$  value = 0.000). **Conclusion:** The results of this study indicate that there is an effect of elderly gymnastics on changes in blood pressure in elderly people with hypertension in Karang Tengah Village Sragen.

*Keywords: Elderly, Elderly Gymnastics, Hypertension*