

ABSTRACT

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Effect Of Brisk Walking Exercise to Blood Pressure of Elders in Boyolali

ABSTRACT

Research background : hypertension is a condition where systole blood pressure is higher or equivalent with 140 mmHg and diastole blood pressure is higher or equivalent to 90 mmHg. Brisk Walking Exercise is one of recommended sport by American and Europe Heart's Expert, they recommended it to as one of life style changes for hypertension patient. Elderly is a state characterized by a person's failure to maintain a balance of physiological stress conditions. **Purpose :** to know the effect of Brisk Walking Exercise to elder blood pressure with hypertension. **Method :** research method used is quasy experimental design with pretest-posttest research design. **Result :** Wilcoxon shorved the result of systole blood pressure was (p) $0,000 < 0,05$, while on diastole is (p) $0,001 < 0,05$. The result shown positive effect of Brisk Walking Exercise the elders blood pressure who suffer for hypertension. **Conclusion :** Brisk Walking Exercise influence elders blood pressure who suffer for hypertension.

Keywords : Hypertension, Brisk Walking Exercise, Elderly People