

**THE APPLICATION OF ELDERY FIT GYMNASTICS TO DECREASED  
BLOOD PRESSURE IN NY. S WITH HYPERTENSION IN RW 01  
KELURAHAN GANDEKAN SUB DISTRICT JEBRES SURAKARTA**

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**ABSTRACT**

The background in this study is a technique to lower blood pressure. Complications that are often experienced by people with hypertension can lead to dangerous complications and fatal consequences such as stroke, myocardial infarction and kidney failure. In this case the authors apply non-pharmacology therapy techniques that are elderly fitness gymnastics to lower blood pressure. The purpose of this study is to know the application of gymnastics fit gymnastics can lower blood pressure in hypertensive patients in urban village subdistrict urban district of Surakarta. This study uses descriptive method that describes the systematic and accurate facts Surakarta. This study uses descriptive method that describes the systematic and accurate facts and characteristics of elderly fitness fit three times per week and more than two consecutive days do not gymnastics. To achieve a more significant increase, it can be applied for longer periods and provide more regular elderly gymnastic fitness therapy. In this study the authors use the application to lower blood pressure. Obtained the result of decreased blood pressure in patient with hypertension, the provision of elderly fitness therapy proved effective to lower blood pressure in patients with hypertension.

**Keywords :** *Hypertension, Fit gymnastics elderly*