

APPLICATION OF CHAIR BASED EXERCISE TOWARDS IMPROVING COGNITIVE FUNCTION IN ELDERLY PARENTS WITH HYPERTENSION

Dias Adyb Illyasa¹, Dita Mirawati²
Diasadyb06@gmail.com^{1,2}
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: in old age, the brain will experience shrinkage of brain cell neurons, shrinkage of the number of neurons and neurotransmitter can result in decreased synapses between cells and the brain is unable to convey and store information. Neurotransmitter disorders will result in decreased cognitive function. The impact and complications of hypertension itself are clear, one of which is decreased cognitive function. Cognitive decline is a problem that often occurs in the elderly. Chair based exercise is included in sports activities that can provide benefits to train brain function so that it can improve the cognitive status of the elderly. **Objective:** To increase knowledge especially for the elderly/elderly families, physiotherapists and physiotherapy students about how to manage Chair Based Exercise in the elderly with hypertension. **Method:** IEC booklet media entitled "Application of Chair Based Exercise to improve cognitive function in the elderly with hypertension". **Conclusion:** The booklet entitled "Application of Chair Based Exercise to improve cognitive function in the elderly with Hypertension" was chosen as a media for education and health promotion targeting the elderly or elderly families, physiotherapy practitioners and physiotherapy students. **Keywords:** Hypertension: Chair Based Exercise: Elderly: Cognitive Function