

**THE EFFECT OF PROLANIS EXERCISE ON
BLOOD PRESSURE AND QUALITY OF LIFE
AMONG HYPERTENSIVE PATIENTS
AT GAMBIRSARI PUBLIC HEALTH CENTER**

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ABSTRACT

Background: Hypertension is a chronic disease known as a silent killer because it often shows no symptoms but can lead to serious complications and lower quality of life. The prevalence of hypertension in Indonesia is 30.8% among adults aged ≥ 18 years. In 2024, Surakarta City recorded 67,623 cases, with the highest number at Gambirsari Health Center 6,810 cases. Prolanis exercise is one effective non-pharmacological intervention to reduce blood pressure and improve quality of life.

Objective: To examine the effect of Prolanis exercise on blood pressure and quality of life in hypertensive patients at Gambirsari Health Center. **Methods:** This quantitative study used a pre-experimental pre-post test design. A total of 32 hypertensive patients were selected using purposive sampling. Instruments included a digital sphygmomanometer and the WHOQOL-BREF questionnaire.

Results: The mean systolic blood pressure decreased from 155.50 mmHg to 150.66 mmHg, and diastolic from 90.25 mmHg to 86.69 mmHg. Quality of life scores increased from 56.06 to 64.72. A paired sample t-test showed $p < 0.05$. **Conclusion:** Prolanis exercise significantly reduces blood pressure and improves quality of life in hypertensive patients at Gambirsari Health Center.

Keywords: Hypertension, blood pressure, quality of life, Prolanis exercise