

**APPLICATION OF ERGONOMIC EXERCISES TO
LOWER BLOOD PRESSURE IN ELDERLY
HYPERTENSION PATIENT**

Anita Rahmawati¹, Mulyaningsih¹
anitarahmawati1106@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background; *As age increases, the elderly experience a decline in physiological organ function due to the aging process or diseases, one of which is hypertension. Hypertension in the elderly is a common health problem caused by organ function decline and lack of physical activity. One non-pharmacological method proven effective in lowering blood pressure is ergonomic exercise. Ergonomic exercise is effective and efficient in maintaining body health by regulating the position and flexibility of the nervous system and blood flow, maximizing blood supply to the brain, enhancing cognitive function, and reducing uric acid, cholesterol, blood sugar, and improving immunity.* **Objective;** *To determine the effect of ergonomic exercise on lowering blood pressure in elderly individuals with hypertension.* **Method;** *This study used a case study method involving two elderly respondents who performed ergonomic exercises for 15–20 minutes, three times a week, for one week.* **Results;** *The study showed a decrease in blood pressure in both respondents, from the category of moderate hypertension to mild hypertension.* **Conclusion;** *Ergonomic exercise is effective in reducing blood pressure in elderly individuals with hypertension when performed regularly.*

Keywords; *Hypertension, Elderly, Ergonomic Exercise*