

IMPLEMENTATION OF BRISK WALKING EXERCISE TOWARDS BLOOD PRESSURE REDUCTION IN HYPERTENSION PATIENTS

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ABSTRACT

Background: The incidence of hypertension is a major health problem that persists in Indonesia which continues to increase every year. Techniques used to control blood pressure in a non-pharmacological way can use brisk walking exercise which aims to stimulate muscle contraction, and increase oxygen. Prevalence of hypertension according to WHO (World Health Organization) is estimated to be 1.28 billion adults aged 30-79 years in the world experiencing hypertension in 2023 and is expected to increase by 1.5 billion in 2025. Hypertension in the pre-elderly reaches 45.9%, while in the age group of 60 years and over it is 33.9% between the prevalence based on doctor's diagnosis 22.9% and 56.8% of the results of blood pressure measurements. Hypertension Prevalence Central Java is ranked 5th in hypertension cases with a percentage of 32.9% **Objective:** To describe the results of the application of brisk walking exercise to reduce blood pressure in patients with hypertension in the Gondangrejo Health Center area. **Method:** This type of research uses a case study method by applying brisk walking exercise to reduce blood pressure in patients with hypertension. **Results:** There is a decrease in blood pressure after giving brisk walking exercise to Mrs.R and Mrs.T from stage 1 hypertension to normal. **Conclusion:** There is a difference in blood pressure development after brisk walking exercise on both respondents who were previously grade 1 hypertension to hypertension nor.

Keywords: Hypertention, Brisk walking exercise, Blood pressure