

Application Brisk Walking Exercise to Lower Blood Pressure on Ny.R Patients  
with Hypertension in Kerten Village Laweyan Surakarta

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ABSTRACT

Background; Hypertension is a rise in blood pressure where the systolic pressure is more than 140 mmHg and diastolic pressure over 90 mmHg. Is said to be normal when systolic blood pressure is 120 mmHg and diastolic pressure is 80 mmHg. One way to lower high blood pressure is non-pharmacological therapy brisk walking exercise that involves the activities of body movement. Aim; Analyzed differences in blood pressure development in hypertensive patients before and after the application of brisk walking exercise. Method; Case study with descriptive research design through observation approach. Result; Analysis result of application brisk walking exercise to blood pressure showed a change of blood pressure on the first day until the fourth day. Conclusion; The difference in blood pressure before and after the application of brisk walking exercise on clients with hypertension.

Keywords : Hypertension, Blood Pressure, Brisk Walking Exercise