

***TERA EXERCISE AS AN EFFORT TO LOWER BLOOD  
PRESSURE IN ELDERLY WITH HYPERTENSION  
THROUGH VIDEO MEDIA***

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***SUMMARY***

**Background;** *Hypertension is a major health issue among the elderly and can lead to serious complications such as stroke, heart failure, and kidney disease. Non- pharmacological interventions like tera exercise—combining body movements, breathing, and relaxation—are effective in lowering blood pressure.* **Objective;** *The method used is the development of Communication, Information, and Education (CIE) media in the form of an educational video entitled “Let’s Do Tera Exercise, a Safe Way to Control Hypertension,” with a duration of 33.46 minutes. The video contains theoretical content about hypertension, the definition of tera exercise, its benefits, and a demonstration of tera exercise movements.* **Method;** *Preparation of moving animated videos using the Canva and Capcut applications which create images and descriptions.* **Results;** *The output is a video titled ‘Let’s Do Tera Exercise, a Safe Way to Control Hypertension’ with a duration of 33.46 minutes and a file size of 1,9 GB. It has been tested on 3 respondents, with results showing that the video is very useful and easy to understand.* **Conclusion;** *The video titled “Let’s Do Tera Exercise, a Safe Way to Control Hypertension” can be used as an educational medium to enhance the understanding, skills, and motivation of the elderly.*

**Keywords;** *, Educational,, Hipertension, Elderly, Tera Exercise.*