

**THE EFFECT OF BRISK WALKING EXERCISE ON GRADES
BLOOD PRESSURE IN ELDERLY SUFFERERS
HYPERTENSION AT POSYANDU NUSA
INDAH SUKOHARJO REGENCY**

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ABSTRACT

Background: Old age is a phase of change caused by the aging process. One of the health problems experienced by the elderly is hypertension. Hypertension in the elderly usually occurs due to degenerative factors. **Research Objective:** to determine the effect of brisk walking exercise on blood pressure in elderly people with hypertension. **Research method:** using experimental Quasy with one group pre-test and post-test design. A sample of 33 respondents was selected using purposive sampling techniques. Bivariate test using the Wilcoxon test. The intervention was carried out three times in one week, with a duration of 20 minutes per session. **Research Results:** univariate test results before 154.52/93.70 mmHg and after 146.33/86.30 mmHg. The results of the bivariate test showed a significant decrease in systolic and diastolic blood pressure after the intervention ($p < 0.05$). **Research Conclusion:** This study is effective in lowering blood pressure in elderly people with hypertension. So there is an effect of the intervention of brisk walking exercise on the blood pressure value of elderly people with hypertension at Posyandu Nusa Indah, Cemani Village.

Keywords: Hypertension, Elderly, Brisk Walking Exercise.