

*The Application Of Heartness Senses To Reduce Blood Pressure In Ny. G With
Hypertension Stadium 1 In Tegalharjo Jebres Surakarta*

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ABSTRACT

Background: Blood pressure is a power that is applied so that blood can transfer blood to the blood vessels and circulate to all the tissues of the human body. Hypertension stage 1 is a condition where body pressure in the range 140-160 mmHg for systolic and 90-100 mmHg for diastolic. Gymnastics Heart is a collection of various movements whose benefits can control and smooth blood circulation so as to make blood pressure to normal. **Objective of the researcher:** This study aims to identify the effect of heart gymnastics on the decrease of blood pressure in patients with stage 1 hypertension in Tegalharjo Jebres Surakarta, Where the rate of hypertension in the area is quite high. **Method :** This research is done by using journal and descriptive implementation method, Where researchers implemented a journal from previous researchers, To identify a decrease in blood pressure in patients with stage 1 hypertension. **Result :** On its application the researcher performs heart exercises with respondents for 8 times meeting in 4 weeks (2 times every 1 week) which before and after exercise is done blood pressure measurement. In this study we obtained a decrease of 5 mmHg for systolic pressure and 1.25 mmHg for diastolic pressure. **Conclusion:** These data indicate that a decrease in blood pressure in patients with stage 1 hypertension after dilakukan heart gymnastics. **Suggestion:** Heart exercises can be applied to people with Hypertension Stadium 1.

Key Word: Blood Pressure, Hypertension Stadium 1, Gymnastics

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