

**THE APPLICATION OF ISOMETRIC HANDGRIP EXERCISE ON
BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION
IN JOYOTAKAN VILLAGE RT 02/RW II
SERENGAN DISTRICT
SURAKARTA CITY**

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ABSTRACT

Background: Hypertension is blood pressure of 140/90 or higher, based on two or more measurements. Complications of high blood pressure, if left untreated, affect the cardiovascular, nervous, and renal systems. In an effort to control blood pressure and prevent complications in patients with hypertension, non-pharmacological hypertension management can be carried out, one of which can be done with exercise, such as doing isometric handgrip exercises. **Objective:** To determine the results of the implementation of isometric handgrip exercises on blood pressure in elderly Hypertensive in Joyotakan Village RT 02 / RW II, Serengan District, Surakarta City. **Method:** The research used in writing this scientific paper is descriptive research using a case study research design. This study uses One Group Pre Test-Post Test Design, namely providing isometric handgrip exercise intervention and measuring blood pressure before and after the intervention. **Results:** There was a decrease in blood pressure in the elderly after being given isometric handgrip exercise. **Conclusion:** The final results obtained by both respondents experienced a decrease in blood pressure of 28-29 mmhg.

Keywords: Hypertension, Isometric Handgrip Exercise, Elderly