

ABSTRACT

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<p>THE APPLICATION OF PHYSICAL ACTIVITY OF WALKING TO DECREASE THE BLOOD PRESSURE FOR ELDERLY WITH HYPERTENSION IN WORK AREA OF PUSKESMAS KRATONAN</p>	
<p>ABSTRACT</p> <p>Background : Hypertension is systolic blood pressure 140 mmHg or more and diastolic blood pressure 90 mmHg or more. Pravelensi most according tothe District Health Office of Surakarta in 2017 is in Puskesmas Kratonan that is 3,181 people with hypertension. Hypertension can be treated with pharmacologic and non pharmacologic therapy, one example of non-pharmacological therapy that is physical activity of walking, physical activity of walking is a routine activity that use leg muscle work to perform movement in rotation, for 30 minutes per day 3x done in week in a row. Purpose: To describe the result of physical activity of walking path to lower blood pressure in elderly with hypertension. Method: This research used case study research with descriptive research design, by observing on research subject. Blood pressure measure ments were measured by sphygmometer and stethoscope and recorded before and after physical activity on foot. Results: Measurement of systolic and diastolic blood pressure before walking physical activity 140/90 mmHg and 150/100 mmHg, while systolic and diastolic blood pressure after physical activity of walking 120/80 mmHg and 140/90 mmHg. Discussion: The application of walking physical activity can lower blood pressure and can be used as non-pharmacological therapy for elderly patients with hypertension.</p>	
<p>Kata Kunci : Hypertension, Walking physical activity , Decreased blood pressure</p>	