

**PENERAPAN SENAM *TAI CHI* TERHADAP TEKANAN
DARAH HIPERTENSI PADA LANSIA DI DESA
BRANGKAL KELURAHAN BRANGKAL
KECAMATAN WEDI KABUPATEN
KLATEN**

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ABSTRAK

Background: Hypertension is a condition where a person's blood pressure has increased above normal, namely $\geq 140 / 90$ mmHg that occurs in the elderly. Tai Chi Gymnastics is one of the non-pharmacological nursing interventions to reduce Blood Pressure, Objective: to describe Blood Pressure before and after Tai Chi Gymnastics. **Research Methods:** The application of this case using descriptive methods is a fact-finding process with the right interpretation. **Results:** Blood Pressure Results before *Tai Chi* Gymnastics is carried out on S 160/90 mmHg after *Tai Chi* Gymnastics to 120/90 mmHg. In Ny.T before the *Tai Chi* Gymnastics is 150/90 mmHg, the *Tai Chi* Gymnastics is done to be 120/90 mmHg. **Conclusion:** There was a decrease in Blood Pressure in Ny.S and Ny.T after the application of Tai Chi Gymnastics in the Brangkal Village, Wedi District, Klaten Regency.

Keywords: *Blood Pressure, Hypertension, Elderly, Tai Chi Gymnastics.*