

ABSTRACT

Hypertension is a multifactorial disease that arises due to the interaction of various factors. One of the provoking factors of hypertension is lack of physical exercise. Physical exercise that can be done is with hypertensive gymnastics. This study aims to determine the effect of hypertensive gymnastics on the blood pressure of hypertensive elderly in Purwojati Village, Ngoro District.

This type of research design is Pre-experiment with static group comparison design. The number of samples was 52 elderly. The research will be conducted in March – July 2023. Hypertensive gymnastics is carried out for 2 weeks with 6 meetings.

The results showed that in the experimental group before being given hypertensive gymnastics most respondents with hypertension category 2 were 16 people (61.5%), while after being given hypertensive gymnastics most respondents with hypertension category 1 were 15 people (57.7%). In the control group before the intervention, most respondents with hypertension category 1 were 18 people (69.2%), while after the intervention some respondents with category 16 people (61.5%).

Based on the calculation of Wilcoxon's statistical test in the systolic pressure control group $p = 0.083$, diastolic pressure $p = 0.536$, so $p > \alpha$, which means that there is no difference before and after without intervention. While in the experimental group systolic pressure $p = 0.001$, diastolic pressure $p = 0.036$, so $p > \alpha$ which means there is an influence before and after intervention in the form of hypertensive gymnastics.

Physical activity such as gymnastics carried out regularly by the elderly will improve physical fitness so that it can indirectly lower blood pressure.

Keywords : hypertension, elderly, gymnastics, blood pressure