THE EFFECT OF ISOMETRIC EXERCISE TO BLOOD PRESSURE OF HYPERTENSION PATIENT AT THE ELDERLY POSYANDU OF MATESIH AREA

ABSTRACT

Background: Elderly people often complain about their health problems, one of complaint is high blood pressure or hypertension. Isometric exercise is a form of exercise of muscle contraction without limb movement with the form of exercise can be lifting, pushing, or pulling hands and feet. Isometric exercise is one way for non-pharmacological treatment so that the elderly blood pressure can stable.

Objective: aim to know the effect of isometric exercise on blood pressure in hypertension patient at elderly Posyandu of Matesih area. Method: the design study was pre experiment with One Group Pre Test-Post Test Design. The sample study was 20 hypertension patients at elderly Posyandu of Matesih area with taking sample used proportionate stratified random sampling. Blood pressure measurement using a Sphygmomanometer and stethoscope. The isometric exercise done as long as 2 weeks with duration of 3 time a week, every exercise during 15 minutes. The data analysis using Wilcoxon test. Results: the result of wilcoxon test obtained \( Z_{value} = -3.882 \); \( p_{value} = 0.000 \). Conclusion: There is an effect of isometric exercise to blood pressure of hypertension patient at elderly posyandu of Matesih area.

Keywords: isometric, blood pressure, hypertension, elderly