APPLICATION OF AEROBIC GYM LOW IMPACT AGAINST DECREASING BLOOD PRESSURE IN HYPERTENSION PATIENTS IN WORKING AREA OF SIDOHARJO HEALTH CENTER


Armilayuli8@gmail.com

STIKES 'Aisyiyah Surakarta

ABSTRACT

Background: Hypertension is a condition where a person's blood pressure has increased above the level of ≥140 / 90 mmHg. Low impact aerobic exercise is one of the non-pharmacological nursing interventions to reduce blood pressure.

Objective: To describe blood pressure before and after low impact aerobic exercise.

Research method: The application of this case using descriptive methods is a fact-finding process with the right interpretation.

Results: The results of blood pressure before low impact aerobic exercise on Ny.G 151/96 mmHg after low impact aerobic exercise were 134/80 mmHg. In Ny.S before doing aerobic low impact exercise 153/98 mmHg and after the low impact aerobic exercise was 136/82 mmHg.

Conclusion: There is a decrease in blood pressure in Ny. G and Ny.S after the application of low impact aerobic exercise in the puskesmas work area of Sidoharjo.

Keywords: Blood pressure, hypertension, low impact aerobic exercise