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 ≥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 S160/90 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.