APPLICATION OF ERGONOMIC EXERCISES TO LOWER BLOOD PRESSURE IN ELDERLY HYPERTENSION PATIENT IN WONOGIRI DISTRICT

Desi Puspaningrum[1], Norman Wijaya Gati[1]
desipuspaningrum66@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background; *Hypertension is a common health problem among older adults due to the aging process, decreased organ function, and lack of physical activity. One non-pharmacological intervention that may help reduce blood pressure is ergonomic exercise. This exercise combines body movements and breathing techniques that can improve blood circulation and promote relaxation.* ***Objective;*** *To determine the outcome of ergonomic exercise application in reducing blood pressure among elderly individuals with hypertension.* ***Method;*** *This study employed a case study design involving two elderly participants diagnosed with hypertension. Ergonomic exercise was performed for 15–30 minutes, three times within one week. Blood pressure measurements were taken before and after the intervention using a sphygmomanometer and observation sheets.* ***Results;*** *Following the intervention, both participants experienced reductions in blood pressure. Although the magnitude of reduction differed between participants, the findings indicated an improvement in blood pressure levels after the implementation of ergonomic exercise.* ***Conclusion;*** *Ergonomic exercise can help lower blood pressure in elderly individuals with hypertension. Therefore, it has the potential to be used as a simple, safe, and practical complementary therapy that can be performed independently and regularly to support blood pressure control.*

Keywords; *Hypertension, Elderly, Ergonomic Exercise*