***The Application of Walking as Physical Activity to Manage Blood Pressure in Elderly Patients with Hypertension in the Karanganyar Area***

Bening Putri Lestari1, Siti Fatmawati2
beningputri3107@gmail.com
Diploma III Nursing Study Program, Faculty of Health Sciences, Universitas ‘Aisyiyah Surakarta

## *ABSTRACT*

***Background:*** *Hypertension is a non-communicable disease commonly experienced by the elderly and serves as a major risk factor for cardiovascular disease. In Central Java Province, hypertension remains a significant health issue, with Karanganyar Regency recording 163,893 cases in 2023. Walking is a form of physical activity that can be employed as a non-pharmacological measure to help control blood pressure.* ***Objective:*** *To determine the effect of walking as a physical activity on the blood pressure of elderly patients with hypertension.* ***Methods:*** *This study utilized a case study design involving two elderly individuals with hypertension within the service area of the Gondangrejo Community Health Center (Puskesmas), Karanganyar Regency. The intervention consisted of a 25-minute walking session (15 minutes of walking and 10 minutes of rest), conducted twice a week. Blood pressure was measured before and after the intervention using a sphygmomanometer.* ***Results:*** *Following the intervention, the first respondent's blood pressure decreased from 180/111 mmHg to 172/100 mmHg, while the second respondent's blood pressure dropped from 169/100 mmHg to 158/95 mmHg.* ***Conclusion:*** *Walking as a physical activity has the potential to help lower blood pressure in elderly patients with hypertension; therefore, it can be implemented as a non-pharmacological nursing intervention.*

***Keywords:*** *Walking, Hypertension, Elderly.*