PROLANIS EXERCISE TRAINING AS AN EFFORT TO REDUCE BLOOD PRESSURE IN OLDER ADULTS WITH HYPERTENSION THROUGH VIDEO-BASED EDUCATION

Rasyid Abdul Hamiid[1], Irma Mustika Sari[2]
hamiidabdulrasyid123@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *Hypertension is one of the most common degenerative diseases among older adults and is a major cause of various cardiovascular complications. Low levels of physical activity contribute to increased blood pressure, making simple non-pharmacological interventions necessary, one of which is Prolanis exercise. Video media was selected as a Communication, Information, and Education (CIE) tool because it can deliver information in an engaging, easily understandable manner and can be accessed repeatedly by the public.* ***Objective:*** *This study aimed to develop an educational video on Prolanis exercise as an effort to help reduce blood pressure in older adults with hypertension.* ***Methods:*** *The video was developed through pre-production, production, and post-production stages using Canva and CapCut applications, followed by a trial involving three respondents to evaluate the content and design of the video.* ***Results:*** *The educational video was considered easy to understand, the exercise movements were easy to follow, and the visual and audio quality were rated as attractive by the respondents.* ***Conclusion:*** *The Prolanis exercise educational video has the potential to serve as an effective educational medium for improving older adults' knowledge and supporting blood pressure control as a non-pharmacological intervention.*

Keywords: *Hypertension, Older Adults, Prolanis Exercise, Video Media.*