ABSTRACT

THE EFFECT OF GYMNASTIC ELDERLY TO MEAN ARTERIAL BLOOD PRESSURE ON ELDERLY PATIENTS WITH HYPERTENSION IN PUSKESMAS KEDATON BANDAR LAMPUNG

By

N. Dearasi Deby Nadhifanny

The pattern disease has recently been changed is the epidemiology transition. The epidemiological transition process is the changing patterns of disease and death that is characterized by the shift of the cause of death which was dominated by infectious diseases to shift to non-infectious diseases. One of these health problems is hypertension, which is now a global problem because of the prevalence continues to increase in line with increased risk factors. One of the efforts to prevent the worsening of hypertension that is by applying physical activities such as gymnastics elderly.

Research aims to prove the effect of gymnastic elderly to mean arterial blood pressure on elderly patients with hypertension in Puskesmas Kedaton Bandar Lampung. Type of this study is an quasi-experimental method with the approach of pre and post test. The population is elderly patients with hypertension in Puskesmas Kedaton Bandar Lampung. The samples in this study were 89 elderly using technique of sampling with a total sampling method.

Analyses were using paired t-test, and the results obtained p <0.001. It shows that there is a significant influence on the elderly gymnastics to mean arterial blood pressure on elderly patients with hypertension in Puskesmas Kedaton Bandar Lampung.

Keywords: Hypertension, elderly, MAP, blood pressure.