

## ABSTRAK

Latar belakang : Lansia atau usia lanjut usia adalah seseorang yang berusia 60 tahun keatas, masalah yang sering dijumpai pada lansia yaitu hipertensi. Hipertensi merupakan keadaan dimana terjadi peningkatan tekanan darah secara abnormal dan terus-menerus, hipertensi ini disebut *silent killer* karena sering kali penderita hipertensi bertahun-tahun tanpa merasakan suatu gangguan dan gejala. Salah satu upaya penurunan hipertensi pada lansia secara *non farmakologi* yaitu dengan senam hipertensi. Senam hipertensi merupakan olahraga yang ditunjukkan untuk penderita hipertensi usia lanjut. Tujuan : untuk mengetahui penerapan intervensi senam hipertensi terhadap penurunan hipertensi pada lansia di wilayah kerja Puskesmas Muara Belida Kabupaten Muara Enim . Hasil : dari intervensi yang dilakukan ditemukan adanya penurunan tekanan darah pada klien, saat pengakajian tekanan darahnya yaitu 212/104 mmHg dan saat evaluasi akhir tekanan darah menurun menjadi 138/85 mmHg. Kesimpulan dan saran : Masalah keperawatan resiko perfusi perifer tidak efektif berhubungan dengan hipertensi teratasi sebagian, sehingga untuk kedepannya diharapkan dapat melakukan intervensi senam hipertensi secara rutin.

Kata kunci : Lansia, hipertensi, penurunan tekanan darah, senam hipertensi

## ABSTRACT

**Background:** The elderly or the elderly is someone who is 60 years old and above, a problem that is often encountered in the elderly is hypertension. Hypertension is a condition in which there is an abnormal and continuous increase in blood pressure, this hypertension is called silent killer because often the person suffers from hypertension for many years without feeling any disorders and symptoms. One of the efforts to reduce hypertension in the elderly in a non-pharmacological manner is by hypertension gymnastics, Hypertensive gymnastics is a sport that is shown for elderly hypertensive patients .**Objective:** to determine the application of hypertension gymnastics intervention to reduce hypertension in the elderly in the working area of Muara Belida Health Center, Muara Enim Regency. **Results:** from the intervention carried out, it was found that there was a decrease in blood pressure in the client, during the assessment of his blood pressure, which was 212/104 mmHg and at the final evaluation the blood pressure decreased to 138/85 mmHg. **Conclusion and suggestions:** The nursing problem of the risk of peripheral perfusion is not effective related to hypertension is partially resolved, so in the future it is expected to be able to carry out hypertensive gymnastics interventions regularly.

**Keywords:** Elderly, hypertension, blood pressure reduction, hypertension gymnastics