

**JPM**

Jurnal Pengabdian Mandiri

Volume 3 Issue 1, 2026 (65-68)

ISSN (*online*) : 3089-3070Homepage : <https://jurnalunived.com/index.php/MANDIRI>Doi : <https://doi.org/10.37676/mandiri>

## Education And Implementation Of Hypertension Exercise As An Effort To Control Hypertension Among The Elderly In Rt 05, Senalang Village, Lubuklinggau City

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*Received [28 Mei 2026]*

*Revised [02 Juni 2026]*

*Accepted [04 Juni 2026]*

**Abstract.** Hypertension is one of the major health problems among the elderly and can increase the risk of cardiovascular disease, stroke, and kidney failure. Efforts to control hypertension are not only carried out pharmacologically but also through non-pharmacological approaches such as physical activity. Hypertension exercise is a form of light physical exercise that is safe and effective for the elderly. This Community Service Program (KKN) aimed to determine the effect of education and implementation of hypertension exercise on the knowledge level of the elderly as an effort to control hypertension in RT 05, Senalang Village, Lubuklinggau City. The method used was health education with a pre-test and post-test design involving 39 elderly participants and community health cadres. The results showed an increase in participants' knowledge levels after education and demonstration of hypertension exercise. Before the intervention, most participants had a moderate level of knowledge (80%), while after the intervention, the majority had a good level of knowledge (80%). Education and implementation of hypertension exercise proved to be effective in increasing awareness and knowledge of the elderly to independently control hypertension.

**Keywords:** *Hypertension, Elderly, Hypertension Exercise.*

### INTRODUCTION

Hypertension is a non-communicable disease with an increasing prevalence, especially among the elderly population. The aging process causes physiological changes such as decreased elasticity of blood vessels and increased peripheral resistance, making the elderly more vulnerable to hypertension. If not properly controlled, hypertension can lead to serious complications that negatively affect the quality of life of older adults.

Prevention and control of hypertension can be achieved through healthy lifestyle modifications, including dietary management, stress control, and increased physical activity. One recommended form of physical activity for the elderly is hypertension exercise. Hypertension exercise is designed with light and structured movements that can improve blood circulation, enhance heart function, and help reduce blood pressure.

However, many elderly individuals still lack understanding of the benefits of hypertension exercise and have not adopted it as a daily habit. Limited knowledge and skills are major barriers. Therefore, health education activities accompanied by direct demonstrations are needed to help the elderly understand and practice hypertension exercise independently. This KKN activity is expected to serve as a promotive and preventive effort in controlling hypertension among the elderly.

## **RESEARCH METHODS**

This activity was part of the Thematic Community Service Program (KKN-T) using a health education approach. The design employed a pre-test and post-test method to assess participants' knowledge levels before and after the educational intervention. The participants consisted of 39 individuals, including elderly residents and community health cadres in RT 05, Senalang Village, Lubuklinggau City. Education was delivered through lectures, question-and-answer sessions, and demonstrations of hypertension exercise. Media used included leaflets, laptops, and audio-visual aids. Data were collected using a knowledge questionnaire administered before (pre-test) and after (post-test) the educational activity. The data were analyzed descriptively to observe changes in participants' knowledge levels.

## **RESULTS AND DISCUSSION**

The pre-test results showed that most participants (80%) had a moderate level of knowledge about hypertension and hypertension exercise, while 20% had a low level of knowledge. After receiving education and participating in the hypertension exercise demonstration, the post-test results indicated a significant improvement, with 80% of participants achieving a good level of knowledge and 20% remaining at a moderate level.

This increase in knowledge demonstrates that the educational method used was well received and effective in improving participants' understanding of the importance of hypertension exercise as a strategy for blood pressure control. Direct demonstrations helped participants better understand the exercise movements compared to verbal explanations alone.

These findings are consistent with previous studies indicating that health education combined with practical demonstrations can improve health knowledge and behaviors among the elderly. Improved knowledge is expected to encourage regular participation in hypertension exercise, thereby helping to control blood pressure and reduce the risk of complications.

During the assessment, it was found that 27 elderly participants had a history of high blood pressure or hypertension. Health education on hypertension increased community awareness and understanding of how to maintain normal blood pressure, indicating high community engagement and concern.



**Figure 1 documentation**

Subsequent activities included blood pressure measurements, where several samples showed that 5 participants were routinely consuming antihypertensive medication. The next implementation involved group hypertension exercise sessions, after which some participants reported a decrease in blood pressure.



**Figure 2 documentation**

The next implementation was to do hypertension exercises together, where after doing hypertension exercises, some of the samples felt a decrease in blood pressure.



**Figure 3 documentation**

## **CONCLUSION**

Education and implementation of hypertension exercise were proven to be effective in increasing the knowledge of the elderly and community health cadres as an effort to control hypertension. This activity can serve as a promotive and preventive strategy in community health services, particularly for the elderly population.

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