

**STUDY PROGRAM OF NURSING SCIENCE  
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*Descriptive Study about Sport on Elderly Hypertension Client in Hamlet 6, 7, 8  
Subdistrict of Rowosari District of Tembalang*

*V+ 42 Pages + 15 Tables + 18 Appendices + 1 Scheme*

***Abstract***

*Hypertension is an increase in systolic blood pressure of at least 140 mmHg or diastolic pressure of at least 90 mmHg. The disease known as high blood pressure was a major risk factor for the development of heart disease and stroke. Treatment of hypertension was done by the administration of medical drugs (pharmacology) and non-drug (non pharmacology). Non-pharmacological treatment was done by overcoming obesity, controlling diet and lifestyle, doing physical activity in the form of regular exercise which could accelerate blood circulation so that it could lower blood pressure. This research was a descriptive research that explains the status of the study locus (with cross-sectional correlation study method that is the research that conducts determination to the exposure and the result simultaneously on each research subject). The research was conducted in June 2017 - March 2018 with the sample of 146 respondents. The technique used to determine the samples in this study was random sampling, in which this method allowed all members of the population had the same opportunity to be selected as a sample. Each respondent's blood pressure was measured and given a questionnaire. The research results of female sex of 100%, aged > 65 years old as much as 43.2%, mild hypertension category as much as 60.3%, long suffering from hypertension as much as 21.2% for 10 years. Doing sports three times a week was 43 elderly people, doing sports four times a week was 38 elderly people, and doing sports five times a week was 35 elderly people. The rest is 30 elderly people doing sport twice a week. The researcher suggested that students should develop ideas of further research so that it could provide variation of upcoming research.*

**Keywords : Hypertension, Sport, Elderly**

**References : 31 (2004-2015)**