

The Effect of Tera Exercise on Reducing Blood Pressure Elderly with Hypertension

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Abstract

Background: The elderly are at high risk for degenerative diseases such as coronary heart disease, CHD, hypertension, diabetes mellitus, rheumatism and cancer. One of the diseases that is often experienced by the elderly is hypertension. Tera gymnastics is one of the non-pharmacological therapies that can be used as a therapy for health that can be used to lower blood pressure.

Aims: The purpose of your study is to determine the effect of tera exercise on reducing blood pressure in elderly hypertensives.

Methods: The research design is a quasi-experimental study with a One-Group Pretest-Posttest Design. The research variables were tera exercise and hypertension. The data collection technique was purposive sampling with a total sample of 23 respondents. The research instrument used DASS scales, stethoscopes and observation sheets. The tera exercise intervention was given 12 meetings for 4 weeks, and 3 times a week and the data was analyzed using the Paired T-Test with a significance value of $p = 0.05$.

Results: before being given the tera exercise intervention, 15 respondents experienced stage-1 hypertension, after being given the tera exercise intervention, 13 respondents experienced normal blood pressure and 10 respondents had pre-hypertension. The Paired T-Test showed that the P-value was less than $\alpha = 0.000 < 0.05$, thus indicating that tera exercise was effective in reducing blood pressure in the elderly with hypertension.

Conclusion: tera exercise is effective in reducing blood pressure in the elderly with hypertension, so that the elderly are expected to be able to do tera exercise as a safe non-pharmacological alternative in lowering blood pressure, because it can be done together and does not cause side effects.

Keywords: Tera Exercise, Blood Pressure, Elderly, Hypertension

INTRODUCTION

In advanced age, degenerative sicknesses like coronary illness (CHD), diabetes, stiffness and disease are more normal. Old individuals frequently deal with the issue of hypertension as a typical infection. One of the constant sicknesses that an old individual will encounter is hypertension, while expanded pulse is brought about by pressure in the old, stress experienced by the old is brought about by mental factors like nervousness, melancholy, and trouble in enduring circumstances that are thought of as requesting and startling or upsetting. An individual's powerful equilibrium because of natural changes (Sunaryo, 2016).

Hypertension is a condition where pulse increments unusually and happens ceaselessly more than a few assessments (Atmojo, 2019). Hypertension is likewise a circulatory framework issue that causes the beat rate to increase above typical cutoff points. For the most part, an individual experiencing delayed hypertension will be in danger of coronary illness, stroke and kidney disappointment. Pulse is the power sent by the blood to the walls of the veins and the tension relies upon the movement did by the heart and the opposition of the veins (Jitowiyono, 2018).

Pulse causes renal brokenness causing vasoconstriction, diminished blood stream, renin aldosterone angiotensin response of the RAA framework, feeling of aldosterone, Na maintenance,

overabundance liquid volume. Likewise, it upsets the vascular framework, bringing about vasoconstriction, ischemia and myocardial localized necrosis. This causes an expansion in afterload, which can cause nursing issues decreasing heart result and action resilience (Tatisina, 2020).

As per the World Wellbeing Association (WHO), the anticipated number of hypertension cases in Indonesia in 2018 is around 63,309,620 with a demise pace of 427,218 individuals as per Riskesdes measurements. The pervasiveness of hypertension in older individuals more than 60 years old is 55.2%. In 2020, the predominance of older hypertension in East Java was 35.6% of the whole old populace or around 3,919,489 individuals. Around 21.9% of this aggregate or 154,106 individuals have gone through hypertension treatment. (Jatim, 2021) In the mean time, as per the Bondowoso Region Wellbeing Administration, hypertension is endured by 35.3% of Bondowoso occupants (Bondowoso Area Wellbeing Administration, 2019). In light of the discoveries of a fundamental report directed by specialists at UPT PSTW Bondowoso in January 2023, there were 51 old individuals experiencing hypertension.

In older individuals, expanded diastolic circulatory strain advances blood vessel harm, prompting blood vessel burst. Hypertension commonly increments heart strain, increments heart volume, and causes vein walls to debilitate, at last prompting cardiovascular breakdown. In the event that hypertension isn't dealt with as expected, it can create some issues with the kidneys and veins in the focal sensory system. This condition diminishes the future of hypertension victims and endangers around 10-12% of them of death (Hasan M, 2017).

Systems to forestall or treat hypertension with the goal that the condition doesn't deteriorate requires the utilization of

pharmacological medications as per specialist's proposals to forestall the outcomes of hypertension. Moreover, great preventive measures should be executed, for example, limiting utilization of lime salt, keeping away from heftiness by keeping up with body weight, devouring nutritious food varieties, and restricting fat utilization. With respect to non-pharmacological procedures that can be completed by more established individuals, in particular by practicing routinely, it can diminish the chance of hypertension. One of the exercises did by specialists at PSTW (Tresna Werdha Social Assistance) is sports or exercise for the old, particularly verniers. Tera tumbling is a progression of physical and mental activities that consolidate body development with cadenced breathing strategies and are completed with routineness, coordination, wellness and constant mental focus (Pradana, 2017).

Tera aerobicic is an oxygen consuming activity that consolidates breathing activities (Novitasari, 2017). In Indonesian, tera aerobicic alludes to breathing activities joined with development. Chinese Yoga vaulting roused this training. Tera comes from the term treatment which alludes to exercises that capability as treatment. Sport likewise has mental advantages, like expanding profound and mental steadiness, lessening and taking out pressure and strain, limiting chronic drug use, expanding concentration and responsiveness, and encouraging a feeling of fraternity and fellowship. Thus, practice has been displayed to help the condition and capability of different pieces of the body that are connected with wellbeing, like the heart, course, respiratory framework, sensory system, processing, muscle strength and perseverance, and muscle and joint adaptability. Equilibrium, coordination, and digestion are exceedingly significant (Sari, 2011).

As indicated by (Ghani, (2009) tera vaulting developments shine on light and adaptable developments, sluggish developments, round developments, stable developments and constant developments. Do this three times each week. Tera vaulting incorporates three development ideas which incorporate extending, joints and relaxing.

METHOD

Design

This study uses a quasi-experimental design with a pretest-posttest one group design approach. This means that the study subjects were given an intervention in the form of Tera exercises, then blood pressure measurements were taken before and after the intervention to see the effect. This research was conducted at UPT PSTW Bondowoso

Sample

The population in this study is all elderly people diagnosed with hypertension at UPT PSTW Bondowoso. The number of samples was determined based on the slovin formula obtained from 23 elderly people who were taken using purposive sampling techniques, with the inclusion criteria being willing to participate in the tera exercise program during the research period, while the exclusion criteria were the elderly with medical conditions that hinder physical activity.

Data analysis

The instruments of this study used a Sphygmomanometer and stethoscope for blood pressure measurement, as well as a questionnaire form for respondent characteristic data. Data analysis was carried out univariate describing the characteristics of respondents, and bivariate analysis using paired t-test statistical tests.

RESULTS

This study was done by UPT PSTW Bondowoso which is situated in the core of Bondowoso city, in a haven encompassed by rice fields and estates in Bondowoso Locale, Bondowoso Regime.

Table 1. Characteristic respondents older people with hypertension in 2023

No	Variabel	f	%	P-Value
1.	Obesity			
	- Normal	7	30,4	0,000
	- Fat	15	65,2	
	- Obesisy	1	4,3	
2.	Stres			
	- No Stress	11	47,8	0,000
	- Mlid Stress	8	34,8	
	- Moderete Stres	4	17,4	
3.	Smoking			
	- No Smoking	23	100,0	0,004
	- Smoking	0	0	
4.	PhysicalActiviti			
	- Often	3	13,0	0,001
	- Seldom	17	73,9	
	- never	3	13,0	
5.	Compliance With Mediation			
	- No Medicine	17	73,9	0,000
	- Take Medicine	6	26,1	
Total		23	100	

In light of table 1, it very well may be seen that the qualities of the old viewed that as the greater part of the respondents were fat and most old didn't encounter pressure, all the old living didn't smoke, seldom did active work and practically all the old don't follow taking prescription in light of the fact that most of old individuals discard or fold under their pad the medicine given by wellbeing laborers.

Table 2. Examination of the impact of tera practice on circulatory strain in hypertensive older 2023

Pre test	Post test	SD	T
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Blood Pressure	F	%	F	%			Sig (2-tailed)
Normal	-	-	13	56.5	52,093	6,336	0.000
Pre-Hypertension	7	30.4	10	43.5	5,762	20,102	0.000
Hypertension stage 1	15	65.2	-	-	6,631	31,189	0.000
Hypertension stage 2	1	4.3	-	-	-	-	
Total	23	100	23	100			

Table 4 shows that when the P an incentive for the T test surpasses 0.005, then, at that point, Ho is dismissed and Ha is acknowledged. It very well may be presumed that Ha is perceived, implying that actual activity affects decreasing circulatory strain in hypertensive old.

DISCUSSION

Identifying the Blood Pressure of Hypertensive Elderly Before Doing Tera Exercises

In light of table 1, the examination results show that most of older individuals who had hypertension prior to being given tera practice mediation experienced stage-1 hypertension, 15 respondents with a level of (65.2%), and pre-hypertension, 7 respondents with a level of (30.4%), as per Jitowiyono, (2018) hypertension is a circulatory framework issue that causes the beat rate to increase above typical cutoff points. For the most part, somebody experiencing delayed hypertension will be in danger of coronary illness, stroke and kidney disappointment.

In the event that we follow this hypothesis, the pulse brings about this concentrate before the tera practice mediation was given were remembered for stage-1 hypertension and pre-hypertension. Hypertension is affected by a few variables. The reason for hypertension is because of issues of the kidneys which bring about vasoconstriction of veins, diminished blood stream, renin aldosterone angiotensis reaction to the RAA framework, feeling of

aldosterone, Na maintenance, edema which causes nursing issues with overabundance liquid volume. This causes an expansion in afterload, which can cause nursing issues, diminished cardiovascular result and intolerance activities (Tatisina, 2020)

In light of the examination results, most of older individuals were large, 15 respondents (65.2%), 8 respondents (34.8%) experienced moderate pressure, 17 respondents (73.9%) had less actual work and 17 respondents (73.9%) didn't follow taking medicine), in light of the connection results, these variables were broke down with a p-value of under 0.05, and that implies there is an impact on the circulatory strain of old individuals with hypertension. In advanced age, the body's physiology frequently diminishes, stoutness, regular pressure, smoking, absence of active work and absence of consistence with taking prescription.

In light of the clarification above, expanded circulatory strain is brought about by stoutness, exorbitant fat in the body will make the heart work harder to suck blood and oxygen all through the body, in this manner setting off hypertension (Tiara., 2020). In corpulence, fringe obstruction is decreased while thoughtful nerves are expanded with low plasma renin action. The more noteworthy the weight, the more blood is expected to supply oxygen and food to body tissues. Stoutness is related with expanded intravascular volume and cardiovascular result. The siphoning force of the heart and circling blood volume of hypertensive victims is higher than that of hypertensive victims with typical body weight.

One more figure that impacts hypertension the old is pressure, in this study 8 respondents had gentle pressure (34.8%) and moderate pressure (17.4%), veins harmed by pressure are in danger of creating hypertension complexities, the

body will deliver the chemical adrenaline which causes an expansion in circulatory strain. through constriction of veins and expansion in pulse. As per Wulandari., (2020) said the connection between mental attributes and blood vessel firmness and heartbeat wave reflection, intense mental pressure can cause expanded aortic solidness and heartbeat wave reflection which causes changes in circulatory strain, related with expanded cardiovascular gamble.

Respondents' active work likewise impacts the event of an expansion in circulatory strain. In this review, 17 respondents (73.9%) seldom did actual work. Absence of actual work expands the gamble of experiencing hypertension since it builds the gamble of being overweight. Individuals who do less actual work likewise will generally have a higher pulse so their heart muscle needs to work harder with every compression. Routinely this has been demonstrated to forestall sickness (PTM) and keep a solid body weight and can work on emotional wellness, personal satisfaction and prosperity (Zuni, 2017). Hypertension didn't stick to accepting prescription in that frame of mind upwards of 17 respondents (73.9%), resistance with medicine can cause complexities, for example, organ harm including the cerebrum, on the grounds that uncontrolled hypertension can expand the heart's responsibility which will cause heart amplification, consequently expanding the gamble of cardiovascular breakdown and coronary episode (Hayer, 2019).

The consequences of this exploration are in accordance with the aftereffects of examination led by Prihatini, (2022) which expresses that pulse increments with expanding circulatory strain in the older will in general increment with expanding body weight, stress, absence of actual work and rebelliousness with taking prescription bringing about thoughtful feeling which

builds the recurrence of pulse, cardiovascular result and fringe vascular opposition consequently expanding pulse.

According to specialists, hypertension in the old will keep on expanding as a condition where the veins are ceaselessly impacted upgrade. The higher the circulatory strain, the harder it is to siphon blood. One of the elements that can impact hypertension is because of different variables including corpulence, stress, rebelliousness with taking medicine and sporadic actual work. To forestall the event of hypertension by bringing down circulatory strain, endeavors are expected to forestall the event of hypertension through helpful techniques, one of which is non-pharmacological treatment by doing tera works out.

Identifying The Blood Pressure Of Elderly People With Hypertension After Tera Exercises

In the wake of being given the tera practice mediation in 12 gatherings for quite some time, changes in pulse were found in PSTW Bondowoso, changes were tracked down in all respondents. The adjustment of respondents was demonstrated by the aftereffects of hypertension becoming typical for 13 respondents (56.5%), and pre-hypertension for 10 respondents (43.5%). The diminishing in pulse in respondents caused respondents to feel more loose, didn't feel unsteady and felt less sore in the neck.

This is as per the assessment of Tatisina, (2020), hypertension causes vascular harm, veins, primary changes, blockage of veins, vasoconstriction and dissemination problems. Disturbance of dissemination in the mind makes the opposition of the cerebrum's veins increment, the oxygen supply to the mind diminishes, which makes victims experience migraines and a sensitive inclination in the neck.

There is a decline in pulse on the grounds that in this tera practice there is a sluggish breathing development which causes the body to unwind and enlarges the vessels so it can increment blood course. This happens on the grounds that when you breathe in profoundly it will expand the flow of O₂ and CO₂. Breathing in and breathing out routinely can likewise expand the viability of the heart's work, subsequently decreasing physical and mental strain which increments pulse diminished (Khasanah, 2020).

Factors related with a diminishing in circulatory strain in this old individual, the recurrence of activity did in tera aerobic showed critical outcomes in diminishing pulse in hypertension in the event that this exercise is done ceaselessly 3 times each week with a span of 30 minutes and in the event that all developments are finished with great or done reliably. Tera practice action is extremely helpful for the administration of hypertension on the off chance that done routinely 3 times each week with a span of 30 minutes, it will have a decent impact for old individuals with hypertension, in particular it can increment vein porousness (Ghani., 2009).

At the point when the activity is finished, it will have an impact like a beta blocker which can quiet the thoughtful nerves by diminishing thoughtful nerve movement, chemical receptors and chemical capability. Diminished thoughtful nerve action will make veins unwind and expand (vasodilation) in this manner decreasing heart yield (cardiovascular result) which will at last lessen pulse (Widyawaty et. al., 2017).

The consequences of this exploration are in accordance with research led by Riri Segita., (2022) entitled the impact of giving tera practices on diminishing hypertension in hypertensive older individuals. The

consequences of the exploration showed that there was a distinction in pulse when the tera practice mediation was given to older individuals with hypertension at UPT PSTW Bondowoso.

Specialists are of the assessment that the impact of tera practice on lessening circulatory strain in the older, whenever did by needs, pulse in the old will encounter a decline since there is one course of the functioning component of tera practice on the heart organ framework, where these developments have There are numerous components of development that contain numerous remarkable advantages for keeping up with wellness in the body and this exercise can further develop blood stream all through the veins and will encounter vasodilation. So it tends to be reasoned that this tera exercise can decrease circulatory strain in hypertensive older.

Analysis Of The Effect Of Tera Exercise On The Blood Pressure Of Elderly People With Hypertension

In view of the matched T test test, the past pulse esteem was acquired furthermore, after the P-esteem 0.000 <0.005, and that implies there is a distinction in circulatory strain when the tera practice mediation was given to the older at UPT PSTW Bondowoso. Hence, there were tremendous changes in old individuals with hypertension when being given tera practice mediation at UPT PSTW Bondowoso.

Tera tumbling is a type of activity that consolidates development, breathing and thinking in one unit, so it is frequently alluded to as development reflection. One of these wellness activities can impact pulse in older individuals with hypertension (Wulansari, 2023). This can happen in light of the fact that when you do tera practices accurately and properly you can arrive at a pinnacle of unwinding in the body, so

oxygen can stream into the veins and be disseminated all through the body so the body will be better and fitter.

The hypothesis of tera acrobatic Tera vaulting means a vigorous activity (utilizing oxygen) since this exercise has components of breathing activities (breath preparing) (Novitasari, 2017). Tera Indonesia Vaulting means breathing activities joined with development. This exercise was embraced from Judo tumbling which starts from China. The word Tera itself comes from the word treatment which means practice that capabilities as treatment (Sari, (2011).

The primary activity to diminish circulatory strain is the recurrence of activity, the force of time to be done and the development. The recurrence of tera exercise should be possible in the scope of 3 weeks in multi month, or 12 gatherings in multi week given 3 gatherings, accordingly this tera exercise will be successful in bringing down circulatory strain whenever done consistently. The time power expected for this tera practice is about 30 minutes, so the outcomes can improve the capability of the body's organs and work with adequate oxygen course (Padila., 2016).

Developments incorporate, extending developments comprising of 14 developments, beginning with heating up (running set up) and finishing with unwinding. Extending intends to increment metabolic action, increment pulse bit by bit with the goal that the heart is more ready to acknowledge preparing burdens and increment blood stream to the muscles, expanding muscle temperature step by step to forestall injury. Followed by joint developments comprising of 25 musical developments. Span 10 minutes. This development will bring about pivotal pressure developments, hub pressure developments, in addition to other things, can animate new bone cells so they can

impact the expansion in bone mass because of which the bones will be more grounded, and followed by breathing developments which are the substance of Indonesian tera tumbling, specifically a mix of body developments, breathing and fixation is done ceaselessly without interference between one development and the following, accurately and following the backup's melodic signals, focus is completed on the developments and creative mind as per the developments being played.

Comparative outcomes were gotten in past exploration led by Astuti Ardi Putri. The consequences of past exploration demonstrated the way that this exercise can diminish circulatory strain in hypertensive older with critical outcomes, P esteem 0.00 and should be done routinely so that body wellbeing is kept up with. This exploration is likewise like the examination of Septi Ajeng Nur Prihatini, Dwi Novitasari, Wilis Sukmami Tyas, where this examination shows that a lessening in circulatory strain happens on the grounds that when. Doing actual work like tera acrobatic for 30 minutes can urge the heart to ideally work. This examination is additionally like Maruli Taufandas' exploration, showing that there is adequacy of tera practice on systolic and diastolic circulatory strain in old individuals who do tera work-out consistently to control pulse.

Tera vaulting is a type of breathing activity that joins body development, breathing guideline and fixation. Tera practices are done persistently, where one development streams into the following development immediately, did definitively and as per the signs of the going with music. These developments can possibly decrease levels of nervousness, stress and gloom. The impact can animate crafted by the fringe sensory system (independent sensory system), particularly the parasympathetic

nerves, which thusly causes expansion veins or vasodilation (Parwati., 2018).

One of the elements that supports mending in the older, in this exploration is the old who live in a similar gathering so it is extremely simple for specialists to meet respondents who will do tera works out. Tumbling completed in gatherings and joined by music can give a sensation of solace and security, as well as make euphoria and harmony among the old, thusly Sport is work out, for this situation tera practice actually assumes a part in decreasing pulse in the old. One more assessment by Parwati., (2018) makes sense of that extreme activity can expand B endorphins. Strohle, (2019) added that the creation of B endorphins during activity will fulfill people, happy and the brain stays new, aside from that, during actual work and exercise, mental and neurological instruments will arise so an anxiolytic impact can emerge which can lessen pulse levels.

Scientists accept that these outcomes show that tera practice meaningfully affects pulse, that older individuals who really do work-out consistently will get actual newness and can further develop blood course, in this manner expanding how much blood volume to the mind. This tera practice is off-base a treatment that can impact bringing down pulse in hypertension victims. This can happen on the grounds that there is consistency and keeping an equilibrium in keeping a sound way of life so that circulatory strain while doing tera activities can arrive at a pinnacle of unwinding in the body. So the oxygen that enters the body will stream without a hitch, and the body's perseverance will increment, feeling great and fit.

CONCLUSION

In this review, there was an impact of tera practice on decreasing hypertension in

older respondents with hypertension at UPT PSTW Bondowoso by doing tera practice 3 times each week for a long time. In additional examination, it is trusted that this segment will give references to additionally extend one of these gymnastic developments. Furthermore, one of the advantages in elective treatment for old individuals with hypertension.

Ethics Approval

This research has received ethical approval from the Health Research Ethics Commission of dr Soebandi University with number 294/KEPK/UDS/V/2023. Respondents were given informed consent before participating in the study and were guaranteed the confidentiality of their data.

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