

ABSTRACT

BLOOD PRESSURE SURVEY OF PKK PROGRAMS AEROBIK BEAUTY IN BANASARE VILLAGE, KECAMATAN RUBARU IN 2019

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The number of changes that occur in mothers are also many health problems that are faced so that to maintain health it is necessary to exercise such as low impact aerobics. In addition to doing aerobic exercise for mothers in Banasre Village, they also conducted blood pressure tests for the aim of researchers to find out blood pressure in mothers in Banasare Village.

In accordance with the aforementioned problem formulation, the purpose of this study is as follows To find out the blood pressure of PKK mothers in Banasare Village, Rubaru District in 2019.

This type of research used in this research is quantitative scientific scientific research methods because it has fulfilled scientific principles that are concrete / empirical, objective, measurable, rational, and systematic (Sugiyono, 2012: 7).

The results of this study are to provide evidence regarding a blood pressure survey of aerobic exercise in PKK mothers in Banasare Village, Rubaru District. Based on the results of the study obtained an average of 120 mmHg with the category of Normal blood pressure.

Keywords: Aerobics, Blood Pressure