

# Differences in Quality of Life in Elderly Women with Hypertension Do Follow and Do Not Follow Prolanis Gymnastic in Bengkulu City

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## **Abstract**

Prolanis gymnastics has been found to have an interesting correlation with the quality of life of the elderly and to impact their position in terms of quality of life. The aim of this research was to investigate potential disparities in the quality of life between senior women with hypertension who participate in prolanis gymnastics in Bengkulu City and those who do not. This study uses a cross-sectional strategy and a quantitative, comparative research type for its design. The overall sample size for this study was 82, with 41 participants in the prolanis gymnastics group and 41 participants in the non-prolanis gymnastics group. The total sampling approach was used. Using the chi-square test, univariate and bivariate analysis were employed in the analytic process. The study's findings revealed the elderly respondents' quality of life: of the 41 individuals who did not participate in prolanis gymnastics, 5 individuals (12.2%) had good quality of life, and 36 individuals (87.8%) had poor quality of life. Of the 41 individuals who participated in Prolanis gymnastics, 35 individuals (85.4%) had good quality of life, and 6 individuals (14.6%) had poor quality of life. The statistical test yielded a value of  $p = 0.000 < \alpha = 0.05$ , indicating that there were variations in the quality of life between older women with hypertension who participated in Prolanis gymnastics and those who did not. Prolanis gymnastics is anticipated to be used in an attempt to improve the quality of life and overall health of older women with hypertension.

## **Keywords**

Quality of Life, Prolanis Gymnastic, Elderly, Hypertension