

**THE EFFECT OF TERA EXERCISE ON REDUCING BLOOD
PRESSURE IN HYPERTENSIVE PATIENTS AT POSBINDU
RAFLESIA IN THE WORKING AREA OF PUTRI AYU PUBLIC
HEALTH CENTER**

BACHELORS THESIS

*in partial fulfillment of the requirement for the bachelor degree of nursing study program at
Baiturrahim University Jambi*



**By:
Dwi Yolanda Putri
NPM: 202221054**

**BACHELOR'S IN NURSING STUDY PROGRAM
FACULTY OF HEALTH SCIENCES
BAITURRAHIM UNIVERSITY
2026**