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## Effects of Tae Guk Gigong Exercise on Patients with Hypertension

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Tae guk Gigong exercise has been reported as an effective exercise for patients with hypertension. It consists of a series of postures combined with slow, smooth, graceful movements, and is considered a low intensity exercise. This study evaluates the effects of Tae guk Gigong exercise patients with hypertension. in a community and argues suggest that this practice is an effective nursing intervention for improving the health of hypertension. patients. The study was performed with one group in a pre-test / post-test design. The subjects were 30 patients with hypertension selected by convenience sampling in Dongrae-gu, Busan city. The experimental group received an ten-week Tae guk Gigong exercise program twice a week from september 4<sup>th</sup> to November 20<sup>th</sup> in 2006. This study was applied to patients with hypertension. who do not have severe diabetes or cardiac disorders. They all did not do regular aerobic exercise, were suitable for the selected standard and wanted to participate in the study. Prior and post surveys were measured before and after the experiment. SPSS/Win 12.0 was used for data analysis, and general features were demonstrated according to frequency number and percentage. The effects of the Tae guk Qigong Exercise program were analyzed using a paired t-test. 1) In physical function, shoulder flexibility(left:  $p=.000$ , right:  $p=.002$ ), % body fat ( $P=0.039$ ) were increased significantly while no difference in body weight ( $P=0.069$ ). 2) In physiological function, diastolic blood pressure ( $P=0.023$ ), total cholesterol ( $P=0.019$ ), and triglyceride ( $P=0.002$ ), were decreased significantly while no difference in systolic blood pressure ( $P=0.069$ ), and blood glucose ( $P=0.127$ ) after the Tae guk Gigong Exercise program. 3) The score of depression was significantly decreased after the Tae guk Gigong Exercise program ( $P=0.029$ ). 4) The score of self-efficacy was significantly increased after the Tae guk Gigong Exercise program ( $P=0.036$ ). The Tae guk Gigong exercise program performed in this study is accepted as an exercise program suitable for patients with hypertension in a community. It enables patients with hypertension to use their spare time actively and productively, since they can cast away prejudice against exercise. Consequently, this program is strongly recommended for improving health in patients with hypertension.

**Key words:** Gigong, Hypertension