Strengthening Self-efficacy of the Elderly with Hypertension for Exercise: Roles of Family Members

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Abstract

Although the benefits of exercise especially for reducing blood pressure level are well documented, the majority of elderly with hypertension exercise less. Approximately 60% of elderly with hypertension who exercise alone often stop doing exercise within six months. Elderly people with hypertension may avoid exercising because of their fear of injury and falls, and this results in decreased muscle strength and lack of self-efficacy. Family support helps to stimulate self-efficacy in the exercise activities of elderly people with hypertension, by encouraging them to perform more exercise, adhere to exercise routines, and control or decrease blood pressure levels.

Keywords: elderly, exercise, family member, hypertension, self-efficacy