

<p>Izmi Rohmah Ikhsani NIM : C2016074 Program Studi Sarjana Keperawatan</p>	<p>Dosen pembimbing: 1. Riyani Wulandari, S.Kep., Ns., M.Kep 2. Dyah Rahmawatie RBU, S.Kep., Ns., M.Kep</p>
<p>IMPROVEMENT OF KNOWLEDGE ABOUT BENSON RELAXATION AS AN EFFORT TO REDUCE ANXIETY LEVELS ON ELDERLY</p>	
<p>SUMMARY</p> <p>Background: <i>As the elderly get older, various kinds of changes will be experienced by the elderly, such as physical and psychological changes experienced as a result of the aging process which will cause new problems, one of which is anxiety. Benson relaxation therapy is an alternative medicine to reduce anxiety levels.</i> Purpose: <i>to add knowledge and insight on how to resolve anxiety problems, especially in the elderly with non-pharmacological treatment, one of which is through Benson relaxation therapy.</i> Methods: <i>Information and Education Communication (IEC) media in the form of a booklet entitled "Benson Relaxation Therapy as a Technique for Overcoming Anxiety in the Elderly".</i> Conclusion: <i>The Benson relaxation therapy booklet as a technique for reducing the elderly is a booklet that contains reviews of Benson relaxation therapy techniques. This booklet is a small book, can be stored for a long time, and is practical to carry anywhere. In addition, the design is also equipped with motion pictures so that it is easier for the elderly to learn. By making this booklet, it is hoped that it can provide information about the Benson relaxation technique method which can reduce anxiety problems in the elderly.</i></p>	
<p>Keywords: <i>elderly, Benson relaxation therapy, anxiety, booklet.</i></p>	