

INCREASED KNOWLEDGE OF SPIRITUAL THERAPY TO LOWER BLOOD PRESSURE IN HYPERTENSION SUFFERERS

Background: Hypertension is a condition of an abnormal and continuous increase in blood pressure caused by several risk factors that do not work properly in maintaining blood pressure normally. One of the non-pharmacological actions for hypertension sufferers is spiritual therapy. Spiritual therapy is a multidimensional therapy or a combination between relaxation and religious dimensions which has a beneficial effect in calming body caused by the elements of meditation, autosuggestion and relaxation contained therein. This sense of calm will then provide a positive emotional response which is very influential in generating positive perceptions. Information about the importance of spiritual healing can be disseminated through posters. Purpose: Posters can be used as a medium for community education, especially for hypertension sufferers, to increase knowledge and to help lowering the blood pressure itself. Output Description: The theme of this poster is spiritual therapy to lower blood pressure in Hypertension sufferers and is made using Corel Draw application software. Conclusion: Spiritual therapy can be used to lower blood pressure and spiritual therapy posters for hypertension sufferers can be used as a medium for education, communication and information.

Key words: Hypertension, Spiritual Therapy, Blood Pressure