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<b>DANCE MOVEMENT THERAPY METHOD AS AN EFFORT TO REDUCE BLOOD PRESSURE IN LANSIA HYPERTENSION SUFFERS</b>	
<b>SUMMARY</b>	
<p><b>Background:</b> <i>Hipertension elderly in Indonesian amounted to 55.2% at age 55-64 years, 63.2% at age 65-74 years and 69.5% at the age of more than 75 years. Hypertension is a condition in which blood pressure is more than normal. One of the non-pharmacological therapies that can be used to reduce blood pressure for hypertension sufferers especially the elderly is dance movement therapy. Dance movement therapy is done by doing the movement of the body like dancing so that the muscles of the body become relaxed. The medium used is the media booklet. Purpose:</i> To provide information and insight to the community, especially the elderly on how to treat hypertension in dance movement therapy.</p> <p><b>Methods:</b> <i>With the media booklet “Tips Reduce Hypertension Eldelry with Dance Movement Therapy”.</i> <b>Conclusion:</b> <i>Booklet tips reduce hypertension eldelry with dance movement therapy is expected to be useful as a medium for health education for the elderly and people suffering from hypertension so that they can apply dance movement therapy independently.</i></p>	
<b>Keywords:</b> <i>Dance Movement Therapy, Hypertension , Elderly, Booklet.</i>	