

Desy Ayu Wulandari NIM C2016032 <i>Nursing scolar</i>	<i>Counsellor :</i> I. Dewi Kartika Sari, S.Kep., Ns., M.Kep II. Ika Silvitasari, S.Kep., Ns., M.Kep
FOOT MASSAGE METHOD AS AN EFFORT TO REDUCE THE LEVEL OF ANXIETY IN THE ELDERLY	
SUMMARY	
<p>Background: <i>Elderly is a final stage of development in the life cycle which is a natural process that cannot be avoided by every individual. One of the psychological problems that often occur in the elderly in social life conditions is the problem of anxiety. The prevalence of elderly anxiety in Indonesia reaches 8,114,774. Anxiety is a cognitive disorder that is often experienced by the elderly. One of the non-pharmacological therapies that can be used to reduce anxiety in the elderly is foot massage. Foot massage can provide a deep relaxing effect and reduce anxiety.</i></p> <p>Objective : <i>To provide information and insight to the public about how to deal with anxiety in the elderly with the foot massage method.</i></p> <p>Method: <i>With media booklet “Foot Massage Method As An Effort To Reduce The Level Of Anxiety In The Elderly”.</i></p> <p>Conclusion: <i>The foot massage booklet as an effort to reduce anxiety levels in the elderly is expected to be of benefit to the community, especially the elderly who experience anxiety, for health workers and nursing homes, and the results of this booklet media development are expected to be used for further research in the health sector.</i></p>	
Keyword : Foot Massage, Anxiety, Elderly.	

