

INCREASING KNOWLEDGE OF THE BENEFITS OF MUSIC THERAPY TO REDUCE ANXIETY LEVELS USING BOOKLET MEDIA

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Essence

Anxiety is a complex feeling state related to feeling fear, often accompanied by physical sensations such as a pounding heart, shortness of breath or chest pain. Effective care and treatment for anxiety disorders is needed. To overcome anxiety, has now found a very simple, practical, easy way to do. That way is music therapy, someone who often listens to musik, especially classical music or music that soothes the soul, is likely to experience anxiety is very small. One of the media that can be used in conveying information about reduce anxiety with music therapy is a booklet. Booklet can be used to increase public knowledge about reduce anxiety, because booklets provide brief and concise information but include specific material. It can be concluded that the booklet media can provide knowledge about music therapy to reduce anxiety for people who experience anxiety blood pressure in hypertensive sufferers.

Kata kunci : Anxiety, Music Therapy, Knowledge, Booklet.