

APPLICATION OF CLASSIC MUSIC THERAPY ON BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION IN SEDAH VILLAGE, SRAGEN DISTRICT

Bayu Ari Satria, Sri Hartutik

bayuarisatria18@gmail.com

Program Studi Diploma III Keperawatan

Universitas 'Aisyiyah Surakarta

ABSTRACT

Background : Hypertension is the pressure in the blood vessels exceeding 140 mmHg (systolic) and 90 mmHg (diastolic) on two or more measurements. Hypertension is a major risk factor for atherosclerotic cardiovascular disease, heart failure, stroke and kidney failure. Treatment of hypertension can be overcome in non-pharmacological ways, namely with distraction techniques, one of which is by listening to music, especially classical music, by listening to music, the limbic system is activated and the individual relaxes. When this relaxed state blood pressure decreases. **Objective :** To determine changes in blood pressure in elderly people with hypertension before and after performing classical music therapy. **Method :** this application uses descriptive research methods and observes events or events that have occurred. Descriptive research is research conducted to describe or describe an event that occurs in society. **Results :** treatment of hypertension with classical music therapy given 3 days with 1 time a day for 10 minutes. This therapy is carried out for 10 minutes in 1 cycle. Classical music therapy can affect the patient's blood pressure so that there are changes in the patient's blood pressure. **Conclusion :** classical music therapy can reduce blood pressure in elderly people with hypertension.

Keywords : Elderly, Hypertension, Classical Music Therapy