

**EFFORTS TO INCREASE KNOWLEDGE ABOUT BENSON
THERAPY IN ELDERLY HYPERTENSION
WITH VIDEO MEDIA**

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SUMMARY

Background: Hypertension is one of the non-communicable diseases still referred to as the “silent killer” due to the absence of symptoms and signs of complaints. Non-pharmacological blood pressure control is the best solution to reduce high blood pressure. Efforts to increase knowledge about benson therapy are carried out with audiovisual media. **Purpose:** as information in increasing the knowledge of the elderly about benson therapy and can facilitate the elderly who experience limitations in reading because this video is presented with pictures, text and sound. **Methods:** Preparation of a video that describes benson therapy and its steps. **Results:** The output contains audiovisual media entitled “Let's Do Benson Therapy to Lower Hypertension” with a duration of 04.59 minutes and a file size of 341,23 MB. It has been tested with 3 elderly respondents with the results that the video is interesting and easy to understand. **Conclusion:** Audiovisual media entitled “Let's Do Benson Therapy to Lower Hypertension” can be used as a medium to increase knowledge about benson therapy for the elderly.

Keywords: Audiovisual video, Benson therapy, Elderly, Hypertension