

## **APPLICATION OF LAUGHTER THERAPY IN ELDERLY PEOPLE WITH HYPERTENSION IN THE KALIWUNGU HEALTH CENTER AREA**

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### **ABSTRACT**

**Background;** Hypertension is a condition when blood pressure in the blood vessels is chronically elevated. This can occur because the heart works harder to pump blood to meet the body's oxygen and nutrient needs. Riskesdas data (2023) proved a significant increase in the prevalence of hypertension at the age of 75 years and above by 69.5%. Central Java as many as 37.57% of people are diagnosed with hypertension. There are 67,101 people with hypertension in Semarang Regency. Therefore, laughter therapy can be applied as an alternative therapy for elderly people with hypertension. **Objective;** To describe the results of the application of laughter therapy to reduce hypertension in elderly people with hypertension in the Kaliwungu Health Center Region. **Method;** The application uses a case study with descriptive research methods and observes events that have occurred. The instruments used include digital sphygmomanometer, respondent observation sheet, and SOP (Standard Operating Procedure) of Laughter Therapy. **Results;** After doing laughing therapy for 20 minutes with a frequency of 3 times in 2 weeks in a row showed a decrease in blood pressure in both respondents. **Conclusion;** Laughter therapy has an effect on lowering blood pressure in elderly people with hypertension.

**Keywords:** Laughter Therapy, Elderly, Hypertension