

EDUCATION ON FINGER GRIP RELAXATION THERAPY AS AN EFFORT TO LOWER BLOOD PRESSURE IN PRE-SENIORS THROUGH VIDEO MEDIA

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SUMMARY

Background: Hypertension often occurs in pre-elderly age. As age increases, it can cause blood vessels to lose their elasticity, thus affecting blood pressure. If not treated properly, hypertension can cause heart disease, stroke, and kidney failure. Prevention and treatment of hypertension are useful for reducing the risk of complications and improving quality of life. Relaxation therapy, such as finger grip relaxation, can be an alternative to lowering blood pressure in hypertensive patients. **Purpose:** as education to increase insight and understanding of how to properly use finger grip therapy techniques with the aim of helping to relax the body in order to reduce stress levels that can cause high blood pressure. **Method:** education develops animated videos to facilitate the provision of clear visual instructions using the Canva and Capcut applications. **Results:** The output contains a video entitled "Finger Grip Relaxation Therapy Education as an Effort to Reduce Blood Pressure in Pre-Elderly People Through Video Media" with a duration of 03.23 minutes and a size of 45.4 MB. It has been tested with 3 respondents with the results of the material presented clearly so that it is easy to understand. **Conclusion:** from this educational video can provide insight into the correct finger grip relaxation therapy technique to help relax the body to reduce stress levels so that it can help lower high blood pressure.

Keywords: Relaxation, Blood Pressure