

**THE APPLICATION OF CLASSICAL MUSIC THERAPY TO THE REDUCTION OF  
BLOOD PRESSURE IN ELDERLY  
PEOPLE WITH HYPERTENSION IN  
THE MOJOLABAN REGION**

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**ABSTRACT**

**Background** ; *The elderly are vulnerable to various health problems, this is related to a decrease in anatomic and cell conditions due to metabolic build up that occurs in cells. One of the many diseases suffered by the elderly is cardiovascular disease hypertension. Hypertension is a condition in which blood pressure rises and endures the pressure even though it has relaxed. Classical music therapy is one therapy that is used as a non-pharmacological therapy for blood pressure in patients hypertension.* **Aim** ; *To determine blood pressure before and after classical music therapy in elderly people hypertension in Mojolaban Region.* **Method** ; *The design of this study procedures for preparation, implementation, and documentation.* **Result** ; *There is a decrease in blood pressure when classical music therapy is carried out for 7 meetings for 17 minutes. Decrease in blood pressure in first respondent from stage II hypertension to stage I hypertension while in the second respondent from stage I hypertension to stage I hypertension.* **Conclusion** ; *There is a decrease before and after of Classical Music Therapy for blood pressure in elderly hypertension.*

**Key words** ; *Elderly, Hypertension, Classical Music Therapy.*