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REDUCING BLOOD PRESSURE IN LANS WITH DIAFRAGMATIC BREATHING EXCECISE

Background: Elderly is a sensitive age group to have changes caused by aging. As they get older, the elderly will experience various kinds of changes, both degenerative and non-degenerative. One of the non-degenerative disorders experienced by the elderly is an abnormal increase in blood pressure or often referred to as hypertension. **Objective:** As an effort to treat hypertension in a non-Pharmacologic manner by means of breathing relaxation therapy. *Diaphragmatic Breathing Excercise*. **Methods:** The method used by the author uses communication, information and education media in the form of posters regarding *Diaphragmatic Breathing Excercise* as a promotional media for physiotherapy in the alternative treatment of hypertension in the elderly. **Results:** Media Communication Information and Education in the form of posters will be posted in the elderly posyandu and published through the author's blog. **Conclusion:** As a medium of communication, information and education aimed at elderly posyandu administrators regarding relaxation therapy, *Diaphragmatic Breathing Excercise* treats hypertension which often occurs in the elderly.

Keywords: Hypertension,*Diaphragmatic Breathing Excercise*,Poster