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HANDLING OF HYPERTENSION IN LANS WITH A COMBINATION OF BREATH RELAXATION AND AROMATERAPY ROSE THROUGH VIDEO MEDIA

SUMMARY

Background: Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of 90 mmHg on two measurements with an interval of five minutes in a state of rest / calm (Kemenkes RI, 2013). According to WHO (World Health Organization) in Nugroho (2013) the life cycle of the elderly is age 45-60 years (middle age), 60-75 years old (elderly), 75-90 years old (old), age over 90 years (very old). The phenomenon of hypertension in Indonesia is 9.5% diagnosed by health workers or currently taking medication by 9.4% (Trihono, 2013) showing that many hypertensive patients still use medication by means of pharmacological therapy. In addition to pharmacological therapy, non-pharmacological therapy can reduce high blood pressure in hypertensive patients. One of the non-pharmacological therapies that can lower blood pressure is deep breath relaxation therapy and rose aroma therapy. The media used is video media. **Purpose:** to present a video on how to treat hypertension in the elderly with a combination of deep breath relaxation and rose aromatherapy and to show the audience the results of applying a combination of deep breath relaxation and aromatherapy to the audience. **Methods:** Using the video media "Handling Hypertension in the Elderly with a Combination of Deep Breath Relaxation and Rose Aromatherapy". **Conclusion:** This video contains education and techniques for handling a combination of deep breath relaxation and rose aromatherapy, performed directly by the nurse and client. This video is made as interesting as possible so that the audience can understand and be interested in applying themselves in everyday life.