

**A METHOD OF PROVIDING LAUGHING THERAPY FOR ELDERLY
IN ORDER TO REDUCE THE LEVEL OF ANXIETY**

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SUMMARY

The background of laughing therapy using booklet is a way to give information about laughing therapy that is usually done by elderly with anxiety. **The purpose** of using booklet is to give information and knowledge to the elderly about anxiety issues and the benefits of laughing therapy. Hoperfully, the laughing therapy can be self-practiced by the elderly. The description content includes The definition of elderly anxiety The symptoms The definition of laughing therapy, benefits of laughing therapy, The steps to do laughing therapy and inspirational words quoted from books and journals. **The booklet design** consists of 16-24 pages, Using Times New Roman with 10 pt font size using no more than 2 typeface (type of letter)/font Using images that match the material. The booklet contains title points of materials, a table of contents and describing the content of materials In detailed information obtained from the references used. **The target of using** Printed media such as booklet as a health education communication media can be more accepted by the wider community and elderly who have limited access of using electronic media. **The conclusion** of booklet about laughing therapy is to give benefits and provide informations for elderly suffering from anxiety.

Keywords: Laughing therapy, elderly anxiety, booklet