

ROSE AROMATHERAPY TO LOWER BLOOD PRESSURE IN ELDERLY PEOPLE WITH HIPERTENSION USING BOOKLET MEDIA

Aditia Deva Yulianto

Aditiadeva4545@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: According to the World Health Organization (WHO, 2015) around 1.13 billion people worldwide have hypertension. The prevalence of hypertension sufferers in Indonesia in 2018 was 34.1%. Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure more than 90 mmHg. **Methods:** Management of hypertension can be done with non-pharmacological therapy, namely by using rose aromatherapy through booklet media. The booklet is made using a computer application with a size of 3,5 x 8,5 inches, pink base color design and black letters so that the writing can be read clearly, so it is easy for readers to understand and attracts reading interest. **Results:** The booklet media can be used with the aim of providing education about rose aromatherapy to reduce hypertension so that it can be applied alone to hypertensive sufferers. **Conclusion:** Using booklet media can increase public knowledge, especially hypertensive elderly, with hypertension, about rose aromatherapy to reduce blood pressure in the elderly.

Keywords: Hypertension, Elderly, Rose Aromatherapy, Booklet