

**EFFECT OF GUIDED IMAGERY RELAXATION THERAPY
AGAINST BLOOD PRESSURE REDUCTION
IN HYPERTENSION PATIENTS
WITH VIDEO MEDIA**

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ABSTRACK

Background: Hypertension is often referred to as silent killer disease because most cases of hypertension do not show symptoms, so that one day hypertension do can become a stroke or a heart attack which causes hypertension sufferers to die. According to the World Health Organization (WHO), from 70% of hypertension sufferers, only 25% are receiving treatment and 12.5% are properly treated, it is predicted that by 2025 the incidence rate of hypertension sufferers will increase by 60% and affect 1.56 billion people in the world. **Methods:** Author chose the methods using video media because video shows the image, sound and how to do guided imagery theraapy clearly so that it is easy to understand. **Result:** Video media can be used with the aim of increasing knowledge and clearer information and can apply it idependently. **Conclusion:** The guided imagery therapy video media can provide information on how to reduce high blood pressure.

Keywords: Hypertension, guided imagery Therapy, video.