

IMPLEMENTATION OF FIVE-FINGER HYPNOSIS THERAPY TO ANSIETAS IN HYPERTENSION CLIENTS WITH VIDEO MEDIA

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Background: Anxiety is a condition characterized by excessive anxiety and worry about what is happening. And sometimes without a known cause. Hypertension is an abnormal increase in blood pressure which can be a major cause of cardiovascular disease. According to Nuraini (2015), hypertension is a condition where the systolic blood pressure is more than 140 mmHg and diastolic is more than 90 mmHg after two separate measurements. Hypertension sufferers accompanied by symptoms of anxiety are certainly very dangerous for their survival. For this reason, a good anxiety management is needed in patients with hypertension. **Methods:** The media used to provide information and education to the public is an interesting video about the five-finger hypnosis procedure that can reduce anxiety in patients with hypertension. The author's was made using the *Powtoon* application for animation design. And use the *Kinemaster* application for overall editing, both combining content and filling in text and sound. **Result:** One of the media that can be used in providing information is video. Video media can be used with the aim of increasing knowledge, because video media provides clearer and more specific information. **Conclusion:** Video media can provide information on how to reduce anxiety in hypertensive clients.

Keywords : *Anxiety, Hypertension, Five-finger hypnosis, Video*