

**A METHOD OF PROVIDING LAUGHING THERAPY TO REDUCE
BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION THROUGH
THE MEDIA BOOKLET**

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SUMMARY

Back Ground; *Elderly hypertension is a disease of systolic blood pressure above 140 mmHg and diastolic blood pressure above 90 mmHg. If hypertension is not treated, it will worsen the quality of life of the elderly themselves. It can be useful for the elderly to be treated using laughter therapy. Laughter therapy can control blood pressure, increase endorphins, so that blood vessels dilate, blood pressure decreases. Lack of public knowledge, especially the elderly, about handling hypertension requires the right media as a means of health education, one of which is a booklet.* **Purpose;** *Booklet, which provides information, knowledge of the elderly about hypertension problems and the benefits of laughter therapy.* **Output Description;** *The booklet contains the title, the subject in detail is obtained from the references used. The content of the material includes the definition of hypertension, the signs and symptoms that arise, the meaning of laughter therapy, the benefits of laughter therapy, the blood pressure measurement scale, the steps for doing laughter therapy, and motivational words taken from the book. The design booklet uses images according to the material to make it easier for the elderly to understand.* **Conclusion;** *Booklets on laughter therapy can provide information and knowledge in reducing blood pressure in elderly people with hypertension.*

Keywords; *Laughter Therapy, Elderly, Hypertension, Booklet.*