

**MOZART CLASSICAL MUSIC THERAPY REDUCE BLOOD PRESSURE IN
THE ELDERLY WITH STAGE I HYPERTENSION THROUGH VIDEOS**

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SUMMARY

Background; hypertension is an increase in blood pressure above ordinary, in indonesia hypertension reaches 63.309.620 people, with the death rate in indonesia due to hypertension of 427.218. the limited knowledge of the elderly about the impact of hypertension and how to handle it is one of the causes of this heppening. Treatment of hypertension can be done in several ways, namely pharmacological therapy an non-pharmacological therapy. Music therapy is a non-pharmacological therapy that has an impact on lowering blood pressure. The type of music that can be used in medicine is classical music mozart. **Methods;** the medium used to add information and knowledge in the from of videos. **Result;** the outside of this final project in the form of videos“mozart classical music therapy reduces hypertension stage I in the elderly” , can make medium for independent study, and can increase the knowledge of the elderly to reduce stage I preassure. **Conclusion;** the output of mozart’s classical music therapy video is expected to reduce blood pressure in the elderly with stage I hypertension, because the music triggers brain waves that can help calm and stimulate the neuronal system in the brain.

Keywords; Hypertension, Elderly, videos Medium, Mozart Music Therapy.