

REDUCING BLOOD PRESSURE USING RELAXATION ROSE AROMATHERAPY IN HYPERTENSION PATIENTS

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SUMMARY

Background: Hypertension is the number 3 cause of death after stroke and tuberculosis, which reaches 6.7% of the population of deaths at all ages in Indonesia. According to the Ministry of Health in 2018 each year there are 9.4 million people die from hypertension. One of the non-pharmacological therapies that can be used to lower blood pressure in people with hypertension is rose aromatherapy. Aromatherapy of roses is a way to heal that uses oils or fragrances from a plant with relaxation to get a relaxed feeling which can ultimately lower blood pressure. **Method:** Posters can be used as a medium for health education to the public, especially people with hypertension, to know and apply rose aromatherapy relaxation to reduce blood pressure. **Result:** The theme of this poster is to reduce hypertension by relaxing rose aromatherapy made on computer software. **Conclusion:** Applying rose aromatherapy relaxation can lower blood pressure and posters reduce hypertension by relaxing rose aromatherapy can be used as a medium of education, communication, and information.

Keywords: *Hypertension, Aromatherapy, Poster*