

**EDUCATION ON THE APPLICATION OF GAMELAN MUSICAL THERAPY
TO ELDERLY ANXIETY USING VIDEO MEDIA**

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Background : *Elderly is the final stage in the life cycle with the appearance of signs of aging. At this time, many problems that can occur in the elderly, namely, problems, economic, mental, social, work and health. The source of stress is influenced by several factors, including environmental, social and life without a family which can cause changes and psychological responses, such as cognition, social behavior and emotions that are close to stress, namely anxiety.* **Method:** *One of the media that can be used in conveying information about reduce anxiety with music therapy is a video. Video can be used to increase public knowledge about reduce anxiety, because booklets provide brief and concise information but include specific material.* **The Result :** *That way is music therapy, someone who often listens to musik, especially classical music or music that soothes the soul, is likely to experience anxiety is very small.* **Conclusion :** *It can be concluded that the video media can provide knowledge about music therapy to reduce anxiety for people who experience anxiety blood pressure in hypertensive sufferers.*

Keywords : *Anxiety, Music Therapy, Elderly, Video.*